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CANADIAN FORGETS PASSPORT...
BUT GETS INTO U.S. WITH HIS IPAD {page 8}

ALL BUNDLED UP
WINTER'S FIRST BIG CHILL HITS TORONTO {pages 6-7}

TORONTO metro®
Wednesday, January 4, 2012
www.metronews.ca
News worth sharing.

Semi. Final

▶ Team Canada's Scott Wedgewood deflects a shot as they face Team Russia during first period semi-final IIHF World Junior Championships in Calgary Tuesday night. Visit metronews.ca for story.

NATHAN DENETTE/THE CANADIAN PRESS

Canadians take on Russia

Perky lives of hospital CEOs

Monthly car allowance of $1,500 is to cover exec's gas, insurance, vehicle wear-and-tear: William Osler Health System spokesperson

Ontario hospital executives are receiving hundreds of dollars in car allowances, up to seven weeks paid vacation, free parking at hospital lots and other such perks on top of their annual salaries.

The contracts detailing hospital executives' employment agreements, including retirement packages and vacation benefits, were released for the first time on Tuesday.

Ontario hospitals became subject to the Freedom of Information and Protection of Privacy Act on Jan. 1 of this year.

However, Health Minister Deb Matthews said in an interview that many of the perks revealed in Tuesday's compensation disclosure have already been outlawed by the Liberal government as of last April 1.

"We banned gym memberships. We've already taken steps to make sure that some of those little benefits are not included," said Matthews, adding CEO salaries are currently frozen and perquisites like clubs and tickets are no longer allowed.

As well, the minister pointed out that the Liberals forced the hospitals to publicly disclose the pay packages for executives and ordered them to cut executives' office spending by 10 per cent cut over two years.

At Queen's Park, Progressive Conservative MPP Peter Shurman (Thornhill) emphasized that it's all right to pay hospital executives well as long as they are providing good value for money.

"I'm less concerned about the package and perks that create the CEO's salary than I am the justification of that salary," said Shurman. "So I don't really care if a guy gets $500,000 a year to do his job if he's saving me $10 million by his actions," he said.

TORSTAR NEWS SERVICE

Highest paid in the GTA

Total cash compensation of hospital CEOs, including base salary, plus additional annual cash compensation such as bonuses.

▶ Dr. Bob Bell

- **$753,992 —** Dr. Bob Bell, the University Health Network
- **$702,000 —** Mary Jo Haddad, The Hospital for Sick Children
- **$689,025 —** Joseph Mapa, Mount Sinai Hospital
- **$687,968 —** Dr. Barry McLellan, Sunnybrook Health Sciences Centre
- **$685,766 —** Dr. William Reichman, Baycrest Centre for Geriatric Care

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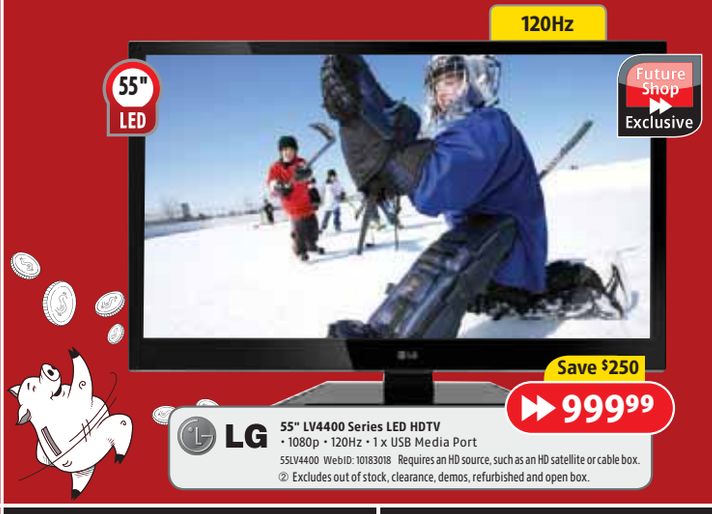

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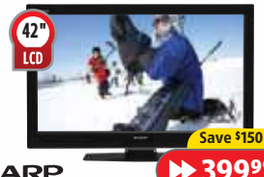

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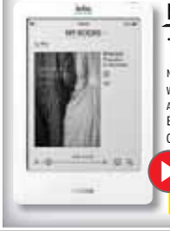

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Students can't return to old school

Mississauga couple who faced death threats lose legal bid against Peel District School Board

A Mississauga couple who received death threats from staff inside their children's school have lost their legal fight to have the kids returned to the neighbourhood school.

"I'm devastated," Katarina Grewal said after the decision came down inside an Osgoode Hall courtroom Tuesday afternoon. "What mother wouldn't be devastated to see your kids hurting every day? They're now the victims."

"With all the talk of dealing with bullying in this province, what this says is any student, any staff or parent or community member who wants to bully someone else can just send an anonymous death threat and the student will be removed from their school." ASHOAK GREWAL

After Grewal and her husband, Ashoak, filed an application for an injunction against the Peel District School Board, a divisional court of the Ontario Superior Court ruled in favour of the board's original decision to remove the children and transfer them to a different school.

Director of education Tony Pontes said the decision was taken for the children's own safety.

Ashoak Grewal's lawyer, Richard Parker, described four death threats sent between late September and mid-October to Grewal, which Peel Region police quickly determined had come from a Peel District School Board computer within Oscar Peterson.

He argued that Grewal, not his children, was the target of the threats and also questioned how the children will be safer at another school, considering the perpetrator could easily locate them.

Board lawyer Roy Filion pointed out that the fourth and final email was a "sexual assault" threat against Grewal's daughter and that since police have only narrowed their list of suspects to 16 staff at the school, there's still a very real threat. TORSTAR NEWS SERVICE

News in brief

Mom stabbed

KING TOWNSHIP. A man called 911 for help after allegedly fatally stabbing his mom in their home, the Toronto Star has learned.

Hilda Roelink, 58, was found suffering stab wounds by police just before 8 p.m. Monday.

Andrew Roelink, 22, has been charged with first-degree murder in his mother's death. TORSTAR NEWS SERVICE

Family to sue

GRENADA BEATING. Lawyer Derick Sylvester confirmed on Tuesday the family of Oscar Bartholomew, who died after an alleged beating by Grenada police last week, will sue for wrongful death. He did not say when it will be filed. TORSTAR NEWS SERVICE

FACEBOOK.COM

▶ Lisa Lebitka

Boyfriend charged in Leaside death

Theirs was a high school romance rekindled after decades apart, a handful of failed marriages and five children between them.

A mother of three was found dead in her Leaside home Sunday afternoon when police arrived to investigate a missing-person report. Her boyfriend is charged with second-degree murder.

Investigators have not confirmed the names of the victim or the man accused, but family members identified the slain woman as 45-year-old Lisa Lebitka, an interior designer. Police are calling her death the third homicide of the year.

Paul Hindle, 46, whom family members identified as Lebitka's boyfriend, appeared briefly in court Tuesday, wearing an orange prisoner's jumpsuit. Tall and bald, he stood with his hands clasped for most of the two-minute appearance, which ended with his case being put over until Jan. 17.

Reached by phone on Tuesday, one of Hindle's two teenaged sons told the Toronto Star he had been living with his father, Lebitka and her three children from a previous marriage since July. The 18-year-old said he was out of town for the holidays when she was killed.

"She was brilliant," said Evan Hindle. "She was extremely creative and loving." TORSTAR NEWS SERVICE

1 news

Rebounding wolf population creating a 'landscape of fear' in Yellowstone, which is better than it sounds. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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Utica, N.Y., police deny allegations of evidence-planting after footage from dashboard camera goes viral. More at metronews.ca/video

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Pan Am costs will balloon: Olympian

Olympic icon Paul Henderson (the sailor, not the hockey player) has caused a commotion after sending an open letter to the premier warning that the 2015 Pan American Games will come in billions over budget.

According to Henderson, the $2.4-billion budget is unrealistic, given the scope of proposed new buildings and facility renovations. Organizers, he argues, have also failed to accurately account for a number of "soft costs," such as extra pressures on police.

He predicts that when the TO2015 board releases an updated business plan and budget in the coming months, the cost escalation "could well be from $1.4 billion to over $2.5 billion."

Henderson is not involved with organizing TO2015, but said in an interview Tuesday he made his comments based on his previous expertise with major multi-sporting events.

A spokesperson with TO2015 said the report is inaccurate.

TORSTAR NEWS SERVICE

Judgment day awaits mayor in operatic spectacle

Michael Patrick Albano, resident stage director at the University of Toronto's very serious opera program, was sitting in a Starbucks one day this summer doing what he does: Work on a very serious opera.

"It was an adaptation of scenes of Antigone — Sophocles — and I thought that was kind of a terrific idea. And then I'm sitting in Starbucks, working on it, and everybody in the line, and everybody around me, is talking about Rob Ford. And I thought: You know, we're missing the point here," Albano said Tuesday.

Soon after, he set to work on a new project: Rob Ford: The Opera.

Albano, who wrote the libretto, refused to divulge many plot details. He allowed that there is a fantasy sequence in which the mayor goes to heaven and meets God, "who may or may not be Margaret Atwood," and that there is a trial sequence in which "he is judged by a jury of Toronto librarians."

The "wonderful veneer of silliness," Albano said, allows the opera to explore serious issues. But, he said, "this is not a piece about trashing Rob Ford."

"It's a piece about examining the strong reaction people have to him."

TORSTAR NEWS SERVICE

Details

- Rob Ford: The Opera will be performed once, on Sunday, Jan. 22, at the MacMillan Theatre.
- Michael Patrick Albano said he hopes the free tickets, the sub-one-hour running length, the subject matter and the absurdism will draw spectators who have never before seen an opera.

Can gondolas ease transportation woes?

Stations could be integrated into buildings or built over roads: Professor

Mayor Rob Ford seems to favour tunnelling transit underground in Toronto. But a growing number of international cities, including some in Canada, are casting their eyes to the sky at an unconventional mode that's cheaper, cleaner and quicker to build than subways and light rail.

And why not a gondola, asked Prof. Amer Shalaby, a University of Toronto transportation engineer, who has studied them as part of a multi-modal transportation plan for Mecca, Saudi Arabia. They could be used to carry pilgrims to the hajj from satellite parking lots around the city. Its roads are so congested that pedestrians and cars compete for space.

Although he's not advocating gondolas for Toronto, Shalaby doesn't think it would hurt to look at them.

"It's not out of the blue. A number of jurisdictions around the world have started using this as a public-transit mode," he said.

A video on his website notes that "aerial ropeway transit" is a great solution where there's no room at street level.

A gondola doesn't offer the same capacity as a subway but it could move 5,000 to 6,000 passengers an hour, "which is good compared to a streetcar line," said Shalaby.

The Queen streetcar line carries about 1,800 people per hour at its busiest point in the morning peak, according to the TTC. That's compared with about 30,000 on the Yonge subway, 2,100 on the Spadina streetcar and 200 to 300 on a neighbourhood bus route.

Meantime, Vancouver is releasing a business case in January for a gondola that would transport commuters up Burnaby Mountain to Simon Fraser University and a nearby residential development.

"Because it's on top of a mountain, it gets snow before ground level. Right now we serve the university with very large articulated buses that have to go up and down that hill. There are 10 to 15 days a year they can't make it to campus because road conditions are so poor," said Ken Hardie, spokesman for TransLink.

Although a gondola hasn't yet qualified for Vancouver's long-term transit plan, its environmental benefits could help make the case. An electric-powered aerial-cable system is cleaner than a diesel bus, Hardie noted.

TORSTAR NEWS SERVICE

ANTHONY CORREIA/GETTY IMAGES FILE

▶ Commuters take the Roosevelt Island Tramway from Manhattan to Roosevelt Island in New York City.

Elsewhere ...

- Laval, Que., has issued a request for proposals to study a gondola to connect the Metro subway with an entertainment complex.
- The London Thames Cable Car opens next year, though it is mired in controversy over the cost, which has soared.
- Venezuela and Colombia have embraced cable technology, and now Rio de Janeiro is opening one and planning to build more.
- The African Development Bank has issued a request for proposals to explore a network of gondolas in Lagos, Nigeria.
- Algeria is building three.
- The first "Urban Concept" system in Koblenz, Germany, designed to act and look like public transit, will shuttle visitors across the Rhine to an international horticultural show.

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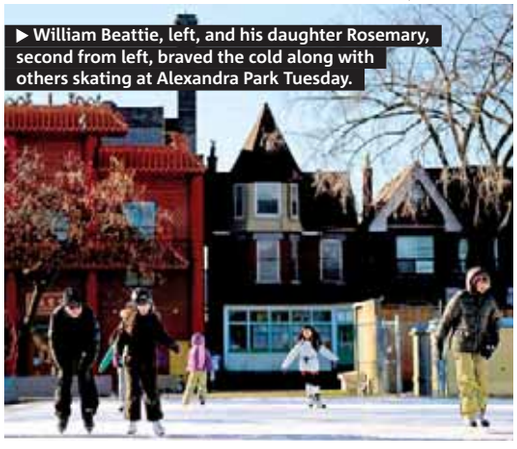
Toronto catches some Arctic air

CARLOS OSORIO/TORSTAR NEWS SERVICE



▶ William Beattie, left, and his daughter Rosemary, second from left, braved the cold along with others skating at Alexandra Park Tuesday.

Chilly reception

Chapped hands and watering eyes will see some reprieve Wednesday as the temperature in the city becomes more bearable.

- Tuesday afternoon saw a low of -16 C with wind chill of -27 C, according to Environment Canada.
- But Wednesday will bring a 60 per cent chance of flurries, meaning the mercury will climb back up to hover around 0 C with a low of about -3 C by the evening.
- Dave Phillips, a climatologist with Environment Canada, said Tuesday afternoon beat last year's record for cold afternoons in the city, which was -11.8 C on Jan. 23.
- On Tuesday evening, the Canadian Automobile Association tweeted that there were about 6,100 calls for service, and that the wait time in the GTA was over an hour.
- Phillips said the rest of the winter will likely be more like the average and above-average temperatures we've seen so far.

TORSTAR NEWS SERVICE

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CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Diane Molenaar is bundled up as she walks with her Jack Russell terrier Beatrice along a path at Grange Park during a cold afternoon on Tuesday.

STEVE RUSSELL/TORSTAR NEWS SERVICE

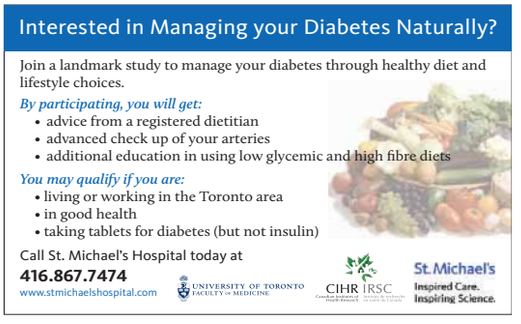
▶ A homeless person sleeps near a steam grate on the corner of Victoria and Queen streets Monday night as the city braced for the first cold weather alert of the new year.

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ Steam rises off Lake Ontario along the Toronto waterfront Tuesday as the temperature dipped.

"Enduring a day like today only makes us hearty. It makes us true Canadians.... With this kind of day, there's no easing into it. It's like going from a hot tub to a cold freezer. We were seduced into thinking winter is going to be soft, balmy and Florida-like, and we got a rude awakening this morning."

DAVE PHILLIPS, CLIMATOLOGIST, ENVIRONMENT CANADA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Insurance rates rise again

Consumers shouldn't think twice about switching insurance companies

The rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. But, if you're like most consumers, you worry that switching insurance companies means losing your "loyalty discount."

The truth is that switching insurance companies may cause you to lose your loyalty discount (if you had one in the first place), but that doesn't necessarily mean you'll pay more for car insurance or that you can't save a bundle in the end. The fact is, some insurance companies may provide a small discount on your premium if you've been with them for a long time – but that small discount can quickly become irrelevant if another company has a rate for you that is significantly less than what you're currently paying. After all, what good is 5% off of an annual rate of $1,500 (a $75 savings) if you could pay $1,100 (a $400 savings) with another company?

With so many insurance companies providing car insurance in Ontario, odds are you are not currently insured with the company that offers the best rate for your driving profile. Insurance quoting sites like InsuranceHotline.com can help by providing an independent, unbiased rate comparison from its network of over 30 insurance companies to find you a lower rate available for your profile.

Sadly, the misguided fear of repercussions from their current insurer is what keeps many consumers from taking action and shopping around. The truth is that your insurance company has no way of knowing if you are shopping around for a better rate. In fact, even if they did know you were checking out your options, you cannot be penalized in any way for trying to find a better deal. And even if you don't find a better rate, at least you'll know where you stand.

It's a fact of life — you need auto insurance. But now you can save hundreds (even thousands) by shopping around for it. It's fast, FREE and easy to use, with absolutely no obligation. After all, who says you have to spend a lot to get a lot? Check online and start saving today!

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News in brief

Fredericton shuts down Occupy protest

A small Occupy protest camp in Fredericton, N.B., was dismantled without incident Tuesday in what was one of the last such demonstrations in the country. A city work crew quickly took down the encampment housing three protesters beginning around 5 a.m., Mayor Brad Woodside said. One city police officer was on hand. THE CANADIAN PRESS

Quit smoking, win a car

The Canadian Cancer Society launched its seventh annual Driven to Quit Challenge in Ontario on Tuesday. The Challenge, funded by the Ontario government, is open to Ontarians aged 19 and over who used tobacco at least 10 months in 2011. Those who stay smoke-free for the month of March could win their choice of a new Ford Fusion hybrid or Ford Edge. THE CANADIAN PRESS

B.C. avalanches injure skiers

Three skiers in southwestern B.C. were injured in three separate avalanches on Monday. The first was in the Steep Creek region near Pemberton, 160 kilometres northeast of Vancouver. Hours later, RCMP said a man skiing on Sunshine Mountain, about 80 kilometres north of Pemberton, was swept into trees by an avalanche.

About 45 minutes later, in the same general area, six of eight people on a ski-touring expedition were caught in a slide that injured one of the skiers. THE CANADIAN PRESS

IPad passport scan gets man across border

Border officer lets Canadian man into U.S. with scanned copy

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Martin Reisch holds up his iPad displaying his passport in Montreal on Tuesday.

A Canadian man has found an unusual way to get through U.S. Customs — by flashing an iPad.

Martin Reisch says a border officer let him cross into the United States from Quebec after he presented only a scanned copy of his passport on the computer tablet.

Reisch's entrance into the U.S. without a hard-copy travel document hints how stricter rules at the American border may still have some flexibility, at least in certain cases.

The Montrealer said he was about a half-an-hour drive from the Vermont border last week when he realized he had forgotten his passport at home.

Reisch remembered he had stored a scanned copy of the document on his iPad and decided to attempt to cross, instead of turning his car around for the two-hour drive home.

"I figured I'd try, and in the worst case, I would have to go home," he said Tuesday.

Reisch, 33, said he explained his situation to the customs agent, who seemed mildly annoyed when he handed him the iPad.

"He kind of gave me a stare, like neither impressed nor amused," Reisch said of their exchange last Friday in southern Quebec.

The officer took the iPad into the border office for five minutes before coming back out to give Reisch the green light and wish him happy holidays. THE CANADIAN PRESS

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Cutting monarchy ties on Liberal agenda

Liberal party members will be debating whether Canada should sever its ties to the monarchy when they meet in Ottawa this month.

A policy resolution, calling for an elected Canadian head of state, has been put on the policy agenda of the Liberal convention by the youth wing of the party.

The prospect of cutting ties to the monarchy flies in the face of the Conservative government efforts to boost the royal image.

The Young Liberals of Canada, in their resolution, lay out a number of arguments against the monarchy.

58 An Angus Reid poll at the time of Prince William and Kate's visit to Canada last summer showed 58 per cent of Canadians in favour of continued ties to the monarchy.

"Our head of state should be a true representative of the people of Canada," states the resolution. **TORSTAR NEWS SERVICE**

New FAO head ready to end world hunger

The new head of the UN's Food and Agriculture Organization said he expects food prices to stay volatile in 2012. Jose Graziano da Silva said his priority is to stick to the FAO's mandate: eradicate world hunger. He expects food prices will not rise much but they won't fall either. **THE ASSOCIATED PRESS**

925M The agency put the number of hungry people in 2010 at 925 million.

Body found on Queen's estate

Britain's senior royals were at the estate for holidays Queen loves to spend Christmas there Used as private royal residence since 1862

It's a case that Sherlock Holmes would have loved to unravel: British police say a woman's body has been found at the vast rural estate in Norfolk where Queen Elizabeth II and her family celebrated New Year's Day.

Police are treating the case as a murder. An autopsy was conducted Tuesday to learn more about the cause of death and the victim's identity.

The body was found on New Year's Day five kilometres from the elegant country home of Sandringham in eastern England. Part of the nearly 20,000-acre royal estate is open to the public, and the body was found in a forest at Anmer, a hamlet of several dozen people on the estate 185 kilometres northeast of London.

Forensics investigators were seen examining nearby woodlands Tuesday.

▶ Police forensic scientists work at the scene in woods on Kings Avenue where human remains were found on New Year's Day in King's Lynn, England. Police have launched a murder investigation after the remains were found by a walker in woods at the village of Anmer, adjacent to the Queen's Sandringham Estate.

There are more questions than answers about the strange discovery, which has shaken the normally quiet region. Buckingham Palace officials are keeping mum about the murder case, referring callers to the police, and police have released few details. "We are at the very early stages of the investigation and it could be a complex inquiry," Det. chief Insp. Jes Fry said Tuesday. "The body had been there for some time."

Fry said authorities were examining missing person reports and unsolved cases around the country for possible links. **THE ASSOCIATED PRESS**

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JAN PETTER JØRGENSEN/THE ASSOCIATED PRESS

▶ Molly, a Jack Russell terrier, walks amongst the dead herring Dec. 31 on a beach in Kvaenes, Norway.

THOUSANDS OF DEAD HERRING WASH ASHORE

Tens of thousands of dead herring have carpeted a stretch of coast in northern Norway — and then disappeared again.

The fish appeared on New Year's Eve, leading to speculation that predators might have driven a huge school ashore or the fish could have been washed onto the beach by a powerful storm that hit Norway on Christmas Day.

Jens Christian Holst of Norway's Institute of Marine Research says a combination of several factors was the likely explanation.

Locals started pondering how to clean up the estimated 20 tons of dead fish on the beach in Kvaenes, near Tromsoe, north of the Arctic Circle, before it decayed. But before they could start, the fish disappeared.

Holst said Tuesday the herrings have likely washed back into the North Sea.

THE ASSOCIATED PRESS

N. Koreans rally in support of new leader

The country tries to highlight Kim Jong-un's heritage as heir to North Korea's founding fathers Seen as an 'identical' extension of Kim Jong-il

THE ASSOCIATED PRESS

▶ Thousands of North Koreans gather in Pyongyang at Kim Il Sung square to hold a mass rally in support for their country's policies and new leader Kim Jong-un on Tuesday.

Pumping their fists and chanting, tens of thousands of North Koreans packed the snowy main square of the capital Tuesday to pledge their loyalty to new leader Kim Jong-un as the campaign to consolidate his power deepened.

State television also aired footage of Kim's recent visit to an elite tank unit with family and historical ties that showed him interacting with soldiers with ease and carrying out inspections much like father Kim Jong-il and grandfather Kim Il Sung did before him — footage that aimed to show off his youth and health and put his confidence and authority on display.

The rally and the footage were the latest steps in a carefully choreographed campaign to build support for North Korea's new leader that began the day news broke of Kim Jong-il's death last month. In swift succession, top officials from the powerful military and ruling Workers' Party have pledged their loyalty to the son, leaving no room for doubt about whether the young man would take power. THE ASSOCIATED PRESS

100,000
About 100,000 North Koreans attended the rally, officials said.

Mourning period

▶ **Father's death.** Unlike his father, Kim Jong-un is not observing a three-year mourning period after his father's death. He has been active — using his youth as an advantage — and distinctly public, which is in stark contrast to his father, whose appearances were carefully calculated in the final years of his life.

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Hackers target Israelis

Hackers claiming to be Saudis posted credit card information of thousands of Israelis on the Internet, credit card companies said Tuesday, in what appeared to be a politically motivated attack. One expert played down its scope.

The Israeli Ynet news website said the hackers, identifying themselves as Group-XP, called the cyber attack a "gift to the world for the New Year" that they hoped "would hurt the Zionist pocket." Israel's central bank said only about 15,000 active cards were affected.

THE ASSOCIATED PRESS

Greece warns it may ditch euro

Greece's government warned Tuesday that the debt-crippled country will have to ditch the euro if it fails to finalize the details of its second $171-billion international bailout and that more austerity measures may need to be implemented.

A key component of the package, which was agreed to last October, is that Greece has to persuade its private creditors like banks and investment firms to take a steep hit on the value of their holdings of Greek debt.

Greece has the highest debt burden relative to the size of its economy in the whole of the 17-nation eurozone and the write-down will help get it down to more manageable, though still high, levels.

Spokesman Pantelis Kapsis said that negotiations in the next three or four months with international debt monitors will "determine everything," including whether Greece escapes a disastrous bankruptcy.

An additional rescue package was agreed to in October, after it became clear that the first batch of funds would not suffice, but that deal has yet to be finalized.

THE ASSOCIATED PRESS

Redneck no Klan do

Black church rightful owner of site of Redneck Shop selling KKK paraphernalia, judge says

Minister says ruling 'has been a long time coming'

PATRICK COLLARD/THE ASSOCIATED PRESS FILE

▶ Rev. David Kennedy, right, looks at items as John Howard watches inside The Redneck Shop in Laurens, S.C., in 2008.

After a lengthy legal battle between a black church and members of the Ku Klux Klan, a judge has ruled that the church owns a building where KKK robes and T-shirts are sold.

A circuit judge ruled last month that New Beginnings Baptist Church is the rightful owner of the building that houses The Redneck Shop, which operates a so-called Klan museum and sells Klan robes and T-shirts emblazoned with racial slurs. The judge ordered the shop's proprietor to pay the church's legal bills of more than $3,300.

Since 1996, The Redneck Shop has operated in an old movie theatre in Laurens, a city named after 18th century slave trader Henry Laurens.

Ownership of the building was transferred in 1997 to the Rev. David Kennedy and his church, New Beginnings, by a Klansman fighting with others inside the hate group, according to court records. But a clause in the deed entitles John Howard, formerly KKK grand dragon for the Carolinas, to operate his business in the building until he dies.

After years of trying to have the property inspected, Kennedy and New Beginnings sued Howard and others in 2008. On Dec. 9, a judge ruled in Kennedy's favour. THE ASSOCIATED PRESS

January

4

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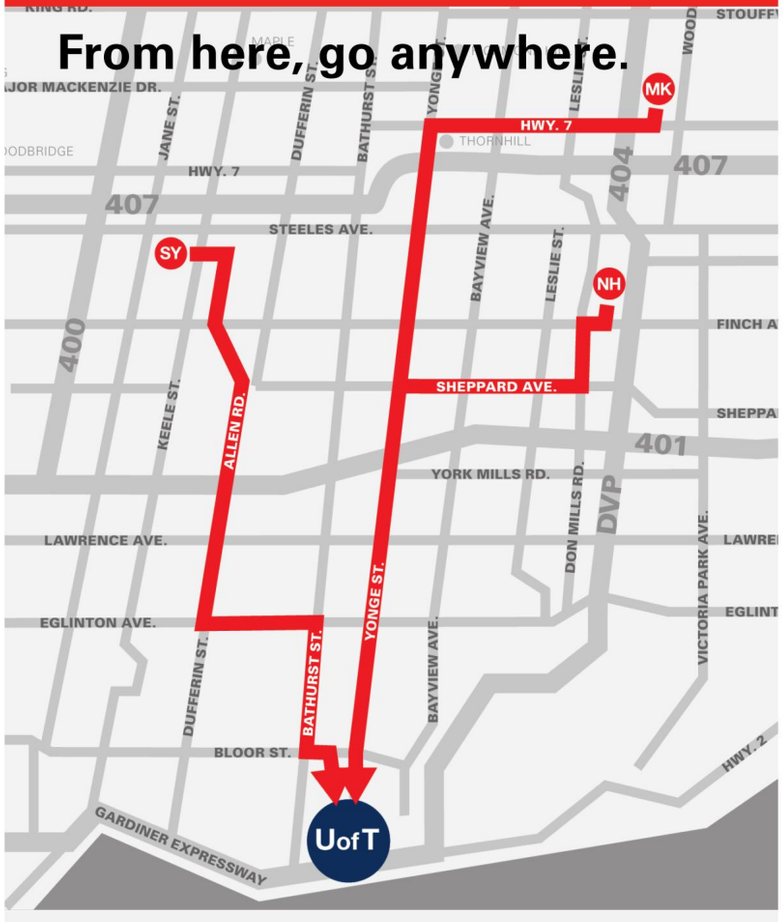

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Canadians optimistic about finances: Poll

Confidence highest in Alberta, lowest in B.C. But retirement-age Canadians feeling the pinch more

Nearly two-thirds of Canadians feel positive about their financial situation, a new CIBC poll suggests, a finding the bank describes as strong, but still five per cent lower than a year ago.

The Harris/Decima poll, conducted for the bank in mid-November, found that 64 per cent of Canadians feel good about their finances and an even higher number — 72 per cent — are confident they will reach their financial goals, unchanged from last year.

Across age groups, confidence in achieving financial goals was generally strong, though there was a declining trend with age.

For example, among Canadians 18 to 34, 78 per cent said they were confident of reaching their financial goals. However, among those 55 to 64, only 68 per cent felt their goals were achievable.

Responses also varied by province, with those feeling good about meeting future goals running from a high of 85 per cent in Alberta to a low of 60 per cent in Quebec.

And among those happy with their current situation, positive responses ran from a high of 72 per cent, also in Alberta, to a low of 54 per cent in B.C.

THE CANADIAN PRESS

69 Despite weak returns and a squeeze on take-home pay, about 69 per cent of Canadians still plan to contribute the same amount or more to their RRSPs this year, a BMO survey says.

Tweets fake

A Twitter account purportedly opened by Wendi Deng, wife of Rupert Murdoch, is bogus, officials said Tuesday, adding that Twitter "mistakenly verified" the @Wendi_Deng account. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. TUESDAY

TSX	Dollar	Oil	Natural gas	Gold
+ 253.34 (12,208.43)	+ 0.58¢ (98.91¢ US)	+ $4.13 US ($102.96 US)	$2.99 US (+ .001¢ US)	$1,600.50 US (+ $33.70 US)

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HEY BILL, WHAT'S YOUR BEEF?

JUST SAYIN' ...

PAUL SULLIVAN
METRO

It happens every year about this time.

When I'm asleep, someone sneaks into the bedroom and switches all my clothes for a size smaller, then removes the perfectly good mirror hanging on the wall and replaces it with one of those funhouse mirrors that make you look fatter than you really are.

I'm not making this up. And, to be clear, it has nothing to do with Christmas cake.

I don't know who these people are or why this is their idea of a good time. All I know is that I have to go on a diet every year so I don't have to go naked. Which, if the funhouse mirror is any indication, would not be pretty.

There was a time "going on a diet" was simple and involved cottage cheese. Then that wasn't good enough and you had to have non-fat cottage cheese. Now, according to the latest nutritional science, cottage cheese is a no-no, as dairy products are linked to cancer, heart disease, irritable bowel syndrome and Dutch elm disease.

"The head of the Harvard School of Public Health says it's 'udderly ridiculous' for the USDA Food Pyramid to recommend three glasses of milk a day."

Don't take my word for it. The head of the Harvard School of Public Health says it's "udderly ridiculous" for the USDA Food Pyramid to recommend three glasses of milk a day, and more than implies that the new improved Pyramid, revised just last year, is as much a result of intense lobbying by the National Dairy Council and other food pressure groups as it is a product of nutrition science.

These guys play for keeps. Who can forget that the beef industry sued Oprah when she announced she was giving up red meat because it's bad for you (not to mention what it does to the cow)? And when they're not trying to herd Oprah, they're trying to get ketchup and fries declared daily servings of fruits and vegetables.

So if you can't trust the Food Pyramid, who can you trust? These days, if you believe nutritional gurus such as Michael Pollan ("Eat Food. Not too much. Mostly plants.") it's not enough to watch the cupcakes for a few weeks, you have to be born again, with vegetables.

The poster boy for the lifelong-mostly-plants-no-cheating-no-fun diet is none other than good old Bill Clinton who never met a Krispy Kreme or an intern he didn't like. Until he had heart-bypass surgery.

Have you seen him lately? America's First Vegan has come out the other side of the funhouse mirror and looks more like Lance Armstrong than the Pillsbury Doughboy.

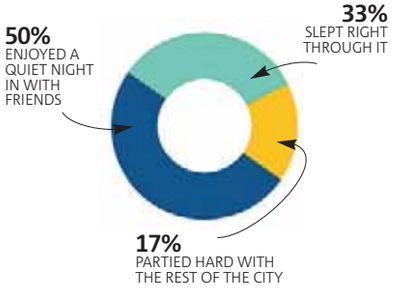
If Bill Clinton can change his evil ways, anyone can.

So hallelujah and pass the garbanzos. These are gonna be my salad days, whether I like it or not.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Register at metropolitanpanel.ca and take the quick poll

On New Year's Eve, you ...



Local tweets

- **@Mr_Dudeman:** It is cold out :(I am going to give some blankets to the homeless. #ThinkOfOthersFirst #Toronto
- **@glossyinc:** My nose would be running if my snot wasn't frozen. So cold out! #brrrr #cold #winter #toronto
- **@CaleWatling:** My feet are literally frozen. Its way too cold to be outside without boots on. #needmyboots #keepmewarm #toronto
- **@krystajj:** No better way to spend a freezing cold Night than on the couch watching the @MapleLeafs and then Canada vs. Russia
- **@IgorSNET590FAN:** Leafs/Lightning, Canada vs Russia at the World Juniors and a big time game in the soccer league tonight...huge sports night.
- **@senatorsteven:** Or how bad of a person you are either. RT @rosepetalcheeks @ThatDudeMCFLY: Your salary doesn't determine how good of a person you are.
- **@juancarlos_ga:** So the super-rich have earned your annual salary already? You've probably already spent more $ than underprivileged families do in a year.

Daily Zoom

DJAMILA GROSSMAN/THE SALT LAKE TRIBUNE/THE ASSOCIATED PRESS

This cat really does have 9 lives

Janita Coombs plays with her cat, Andrea, at her Syracuse, Utah, home in the above photo.

The Utah city may put an end to its gas chamber after Andrea survived a shelter's two attempts to euthanize her. Animal-shelter volunteers were expected to appear at a West Valley City Council meeting Tuesday evening to make the case for using lethal injections instead. Andrea had not been adopted for 30 days when shelter officials tried to put her to death in October.

She survived, so they gassed her again.

Shelter officials presumed she was dead when they put her in a plastic bag in a cooler.

She was later found alive.

THE ASSOCIATED PRESS

"It was just one of those things where they thought this cat obviously really wants to live.... Let's give it a chance to find a permanent home."

WEST VALLEY CITY SPOKESMAN AARON CRIM TOLD THE SALT LAKE TRIBUNE

A will to live

- Shelter officials still aren't sure why the gassing failed to kill Andrea. The other cats with her in the euthanasia chamber that day all died.
- Volunteers say euthanasia by lethal injections of sodium pentobarbital would be more humane than the gas chamber, and also cheaper.

metro
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2 scene

Idol

American Idol finalist James Durbin has married longtime girlfriend Heidi Lowe in a New Year's Eve ceremony at the edge of a California redwood forest.
THE ASSOCIATED PRESS

Tim McGraw album "Emotional Traffic," at centre of recent court battle, to be released Jan. 24

HANDOUT

▶ Bonnie Morgan plays Rosa in The Devil Inside.

Bringing hellfire back

The Devil Inside is a return to classic possession movies ◐ Joins long line of spook shows

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

Demonic possession has been terrifying moviegoers for decades.

The Exorcist, the most famous fiendish film, created such a stir with audiences that in 1973 Newsweek ran a cover story entitled The Exorcism Frenzy. Complete with stories of queasy theatre-goers and their Exorcist barf bags, it helped create hysteria and make the movie one of the biggest hits of the year.

The impact The Exorcist had on audiences has yet to be duplicated by any of the dozens of possession movies released in its wake, but this weekend's The Devil Inside is hoping to bring a little good old-fashioned hellfire back to theatres.

The devil, of course, is the star of any possession movie, even if you don't actually see him. What's more petrifying than the idea of Old Scratch taking over your body and making your head spin 360 degrees?

But what about the brave priests who battle Beelzebub? Here's a few cinematic celebrants who have gone mano-a-mano with Mephistopheles.

Father Lankester Merrin, as portrayed by Max von Sydow in The Exorcist, presided over the most famous Satan skirmish.

The statuesque Swedish actor played Merrin twice — he's seen in flashbacks in Exorcist II: The Heretic — while Stellan Skarsgård played him in two prequels.

The loopiest of devil hunters must be Father Pierre Barre (Michael Gothard) from the Ken Russell film The Devils. He is a corrupt and despicable holy man who convinces a group of terrified nuns to fake a mass possession with the words, "You will scream! You will blaspheme!" His other questionable methods include "forcible colonic irrigation" with holy water and torture.

Barre isn't the only real life exorcist to be portrayed on film, however. Both The Rite, starring Anthony Hopkins as a real life exorcist tutor and The Exorcism of Emily Rose with Tom Wilkinson as a priest accused of murder when a young woman died during an exorcism, are based on true stories.

More fanciful is Leslie Nielsen as Father Mayii in Repossessed, an Exorcist parody co-starring Linda Blair, who played the possessee in the original film. When told she "has an ungodly voice and maniacal facial expressions" the skeptical Mayii replies, "That doesn't prove a thing! She could be related to Joe Cocker."

And finally, Beetlejuice has a different kind of exorcist. Michael Keaton plays a supernatural character called in as a "bio-exorcist" to rid a house of its human inhabitants.

Canada's best greasy spoons

Catucci seeks out exceptional comfort food in diners across the country on You Gotta Eat Here

THE CANADIAN PRESS

▶ Comedian John Catucci hosts You Gotta Eat Here.

As he traversed Canada to profile diners and their dishes — from deep-fried eggs benedict to pizza pie to deep-fried mac and cheese — comic John Catucci came to the realization that he couldn't gorge.

"I would die. It would be one season and then it would be like: 'Sad news in Canadian television,'" said the host of You Gotta Eat Here, debuting Friday (at 9 p.m. ET) on Food Network Canada.

"There's no doubt I've gained a few pounds, but I learned early on that I don't have to eat the whole dish, I can do a couple of bites and talk about how delicious it is.

"But there are some times when it's just so good, my elbows go up and people can't get near me."

Like the hit American series Diners, Drive-ins and Dives, You Gotta Eat Here seeks out greasy spoons and various eateries serving exceptional comfort food.

"Those are the best places, where the taste is familiar but they're doing something new and they're twisting it a bit," said the Toronto-born Catucci, a founding member of the musical comedy duo The Doo Wops.

Catucci also goes into the kitchens to learn how the cooks make their signature recipes.

Even talking about the food gets Catucci worked up. As he discussed the first episode, in which he visits a gourmet poutine place in Stratford, Ont., he declared: "It is killer."

Then there's the Toronto restaurant known for a hangover-cure dish named the Remedy: deep-fried poached eggs on top of pulled pork, beans, smoked cheese and potato hash.

What's more, the meals are made from scratch, largely with fresh ingredients. "I think that's one of the main pushes in the show is making sure that everything's made in-house as much as possible," said Catucci.

"You can see it in the pride that the owners and the chefs have in their food." THE CANADIAN PRESS

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Stage Notes

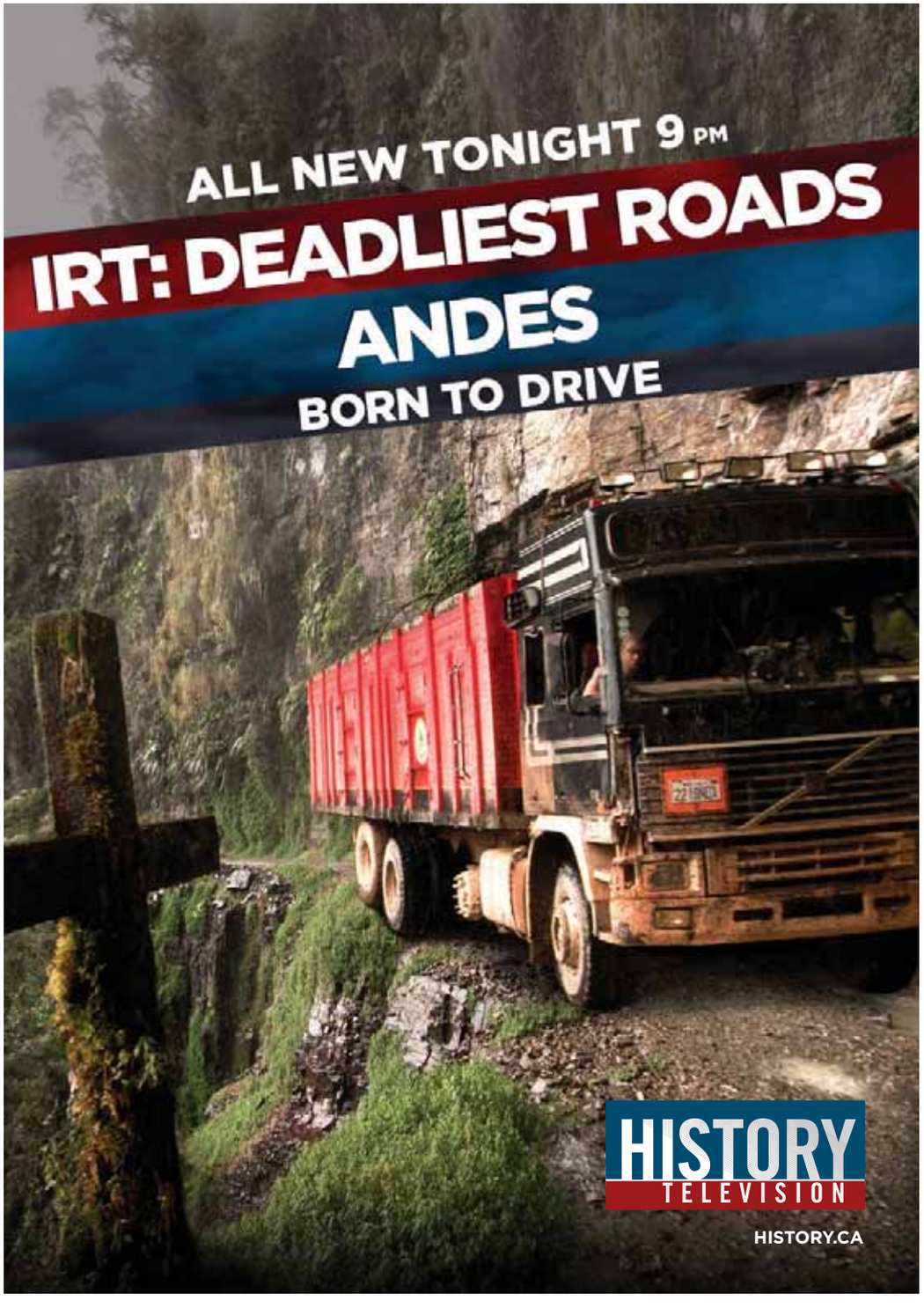
JONATHAN NAYMARK
SCENEOPOLIS.COM

Get set for a hot theatre season this spring

What do ogres, horses and Irish dancers have in common? All will be on stage (at different times of course) in the coming months

While winter may have finally reared its head in Toronto, we at sceneopolis are getting excited about the spring theatre season.

Here is a month-by-month breakdown of the city's upcoming theatre season. And remember that you can save up to 50 per cent off of ticket prices with sceneopolis.com.



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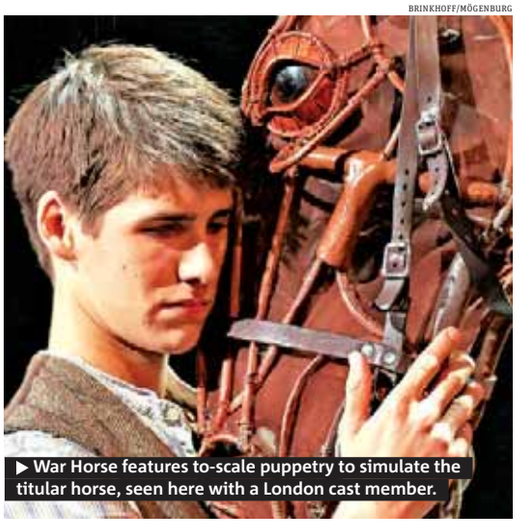

▶ War Horse features to-scale puppetry to simulate the titular horse, seen here with a London cast member.

February

Love from Afar

One of the most well-loved operas of this century, Love from Afar has never been performed in Canada. Love from Afar, about a medieval troubadour's long-distance love affair, is on stage from Feb. 2 to 22 at the Canadian Opera Company's Four Seasons Centre for the Performing Arts.

War Horse

Mirvish Productions presents the National Theatre of Great Britain's award-winning production of War Horse. War Horse, which was recently turned into a feature film, is a remarkable tale of courage, loyalty and friendship set during World War 1. War Horse is on stage from Feb. 10 onwards at the Princess of Wales Theatre.

March/April

Shrek the Musical

DanCap Productions presents Shrek The Musical, a Broadway premiered production that was based on the Oscar-winning movie of the same name. Shrek is on stage March 20 to April 1 at the Toronto Centre for Performing Arts (near Yonge and Sheppard).

Riverdance

Now in its 17th year, Riverdance is an internationally acclaimed celebration of Irish music, song and dance. Torontonians can experience Riverdance for the last time during its farewell tour this spring, on stage at Toronto's Sony Centre from April 19 to 21.

Crash

Crash is a one-woman performance that debates the fractured unraveling of memory. Written and performed by Pamela Mala Sinha, the play is produced by avante garde Theatre Passe Muraille. Crash is on stage April 27 to May 13.

The Game of Love and Chance

Based on an 18th century French play written by Pierre de Marivaux, Canadian playwright Nicholas Billon has updated and translated the play for its Toronto premiere. The Game of Love and Chance is on stage at CanStage's Bluma Appel Theatre from April 16 to May 12.

May

Semele

Many Greek myths, which contain attempts of love between mortals and gods, often end in tragedy and the story of Semele, Jupiter's mistress, is no different. Performed by the Canadian Opera Company, Semele is on stage at the Canadian Opera Companies Four Seasons Centre May 9 to 26.

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And the nominees are...

War Horse, The Help, The Artist, Bridesmaids among Producers Guild nominees ◗ Find out who else got a nod

The historical epic War Horse, the Deep South drama The Help, the silent film The Artist and the wedding comedy Bridesmaids are in the running for top honours from the Producers Guild of America.

Also nominated Tuesday for the guild's big film prize are two George Clooney tales: the family drama The Descendants and the political saga The Ides of March. Two Paris stories made the cut, the family adventure Hugo and the romantic fantasy Midnight in Paris.

Rounding out the 10 nominees are the thriller The Girl with the Dragon Tattoo and the sports tale Moneyball.

Animated contenders for the Jan. 21 awards are The Adventures of Tintin, Cars 2, Kung Fu Panda 2, Puss in Boots and Rango.

Along with honours from other Hollywood professional groups such as actors, directors and writers guilds, the producer prizes help sort out contenders for the Academy Awards, whose nominations come out Jan. 24.

The Producers Guild field represents a heavy-hitting lineup of Oscar winners and nominees, including Steven Spielberg (War Horse and Tintin), Martin Scorsese (Hugo), Woody Allen (Midnight in Paris), David Fincher (Girl with the Dragon Tattoo), Alexander Payne (The Descendants) and Bennett Miller (Moneyball). Besides starring in The Descendants, Clooney multi-tasked on Ides of March, directing, producing, co-starring and co-writing.

THE ASSOCIATED PRESS

Other nods

Here are some of the other Producers Guild nominees:

- **Film documentary:** Beats, Rhymes & Life: The Travels of a Tribe Called Quest; Bill Cunningham New York; Project Nim; Senna; The Union.
- **TV comedy series:** 30 Rock; The Big Bang Theory; Glee; Modern Family; Parks and Recreation.
- **TV drama series:** Boardwalk Empire; Dexter; Game of Thrones; The Good Wife; Mad Men.
- **Long-form television:** Cinema Verite; Downton Abbey; The Kennedys; Mildred Pierce; Too Big to Fail.
- **Live entertainment and talk TV:** The Colbert Report; The Ellen DeGeneres Show; Real Time with Bill Maher; Saturday Night Live; The 64th Annual Tony Awards.
- **TV competition series:** The Amazing Race; American Idol; Dancing with the Stars; Project Runway; Top Chef.

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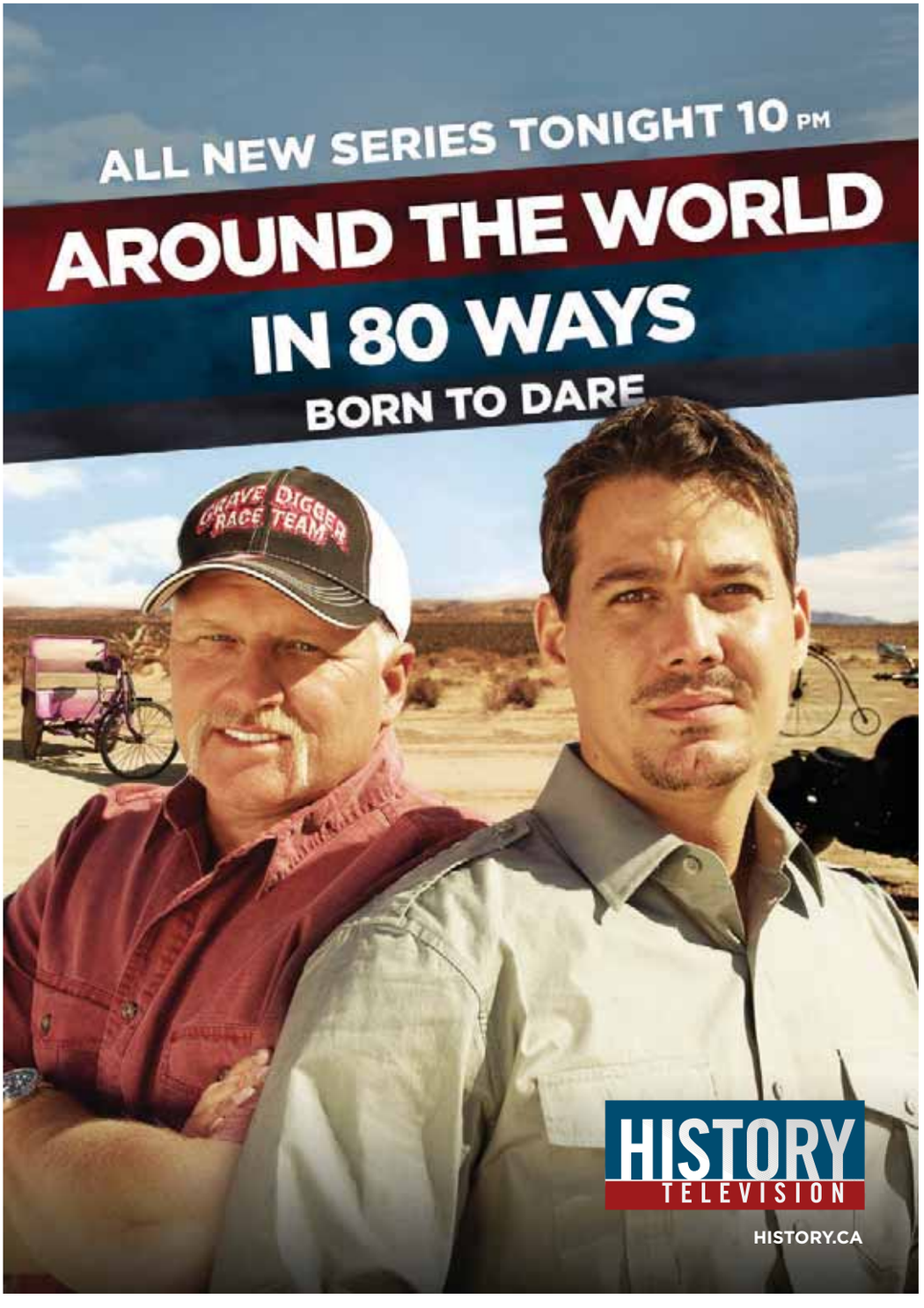

Hefner states the obvious for 2012

- Our boy Hugh takes an oath to avoid the institution of marriage this year
- 85-year-old Playboy founder says he 'missed a bullet' with Crystal Harris

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

After a tumultuous 2011 that saw his engagement to Crystal Harris (who I like to think of as a very lowrent Kardashian in her media manipulation) fizzle, Hugh Hefner, 85, is vowing to avoid marriage for 2012.

"This year has been a very interesting year for me. I almost got married," Hefner tells People magazine.

"And as Holly [Madison] — a dear friend and former girlfriend — said, 'Well, you missed a bullet.' I think that's accurate. I am clearly not meant to be married. Married life isn't for me."

You'd think the man who is known as an international playboy and has called a mansion filled with frolicking naked women home for most of his life would have figured that out, oh, about 65 years ago.

ALL PHOTOS GETTY IMAGES

▶ Hugh Hefner

Celebrity tweets

@EllenBarkin

The fortune in my fortune cookie said "Character is the cornerstone of success." I think my cookie is stale.

@JonahHill

I'm pretty sure "Extremely Loud And Incredibly Close" is about my Mom.

@rupertmurdoch

NY cold and empty, even central park. Nice!

@SethMacFarlane

By now I bet Demi Moore is getting sick of Patrick Swayze's ghost always trying to contact her.

A little R-E-S-P-E-C-T

Add Aretha Franklin to the growing list of celebrities who used the Christmas and New Year's holidays to get engaged. The Queen of Soul is officially planning to marry Willie Wilkerson, her reps confirm to the Associated Press. "No, I'm not pregnant," 69-year-old Franklin joked. The couple plans to marry this summer in Miami Beach, with Wilkerson hosting a reception aboard a private yacht. METRO

▶ Aretha Franklin

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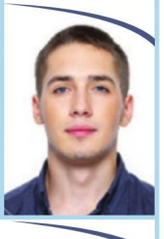

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A taste of real Mexico

Beyond the beaches and resorts of Mazatlan lies a world of natural beauty and quaint towns

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA

Mazatlan, Mexico, is famous for its long-winding Golden Zone, packed with tourists, resorts, and fantastic beaches, but beyond all the glitter lies a world of adventure rarely seen.

Soon after reaching the outskirts of town I was surprised how different and desolate greater Mazatlan really is when you leave the comfort of the all-inclusive resort.

In the middle of the back country we traded our air conditioned SUV, for roaring bush ATVs, and that's when the fun started. Here is a Mexico rarely seen. Our guide warned us that the trails would be bumpy with a lot of large rocks and potholes.

There are potholes and then there are craters, which I soon found myself roaring through, as we made our way all through the dense jungle-like growth.

I felt privileged to catch a glimpse of the real Mexico, with beautiful scenery, peaceful rivers, and even the odd lazy lizard sunning itself.

As we roared on on our trusty quads, we suddenly emerged from the bush to find a great little Mexican village seemingly in the middle of nowhere.

PHOTOS: DARREN PARKMAN/METRO NEWS

▶ Cathedral Basilica of the Immaculate Conception in Mazatlan is an 1875 church that was restored just a few years ago.

The locals in this town, which we learned was called La Noria, couldn't have been more friendly, despite the fact we were invading their space like a group of Hells Angels bikers.

Young and old smiled, waved and even cheered as we roared down the main street.

It was almost like being in a time warp watching villagers fetching water from a well and tanning leather to make belts. This, in the end, turned out to be well worth the sore back and dusty throat.

Our reward for making it through it all was a whirlwind stop at the Blue Agave distillery. This, amigos, is where they make the fun juice. This historic Tequila factory draws mucho tourists who observe the ancient process of making real tequila from the locally grown blue agave plant. It is strong stuff. And I do mean strong!

Luckily I had a designated driver to take me back to the comfort of the Golden Zone and my cool little all inclusive hotel, the El Cid.

I've been pretty much all over Mexico, and can honestly say that Mazatlan ranks among my very favourite spots in this country.

Despite that the area has been given a bit of a bad rap recently with reports of increased gang crime, I felt perfectly safe walking the streets on my way to my favourite watering hole in all of Mexico, Joe's Oyster Bar! This place is the perfect beachfront venue to cap off a busy day on ATVS in the bush.

Other cool things to do in Mazatlan

- **Check out the downtown history:** Visit the stunning Cathedral Basilica built in 1875. It was restored a few years ago and the interior is nothing short of spectacular. There is a lot of great architecture in this old part of town.
- **Mazatlan Aquarium:** One of the coolest Sea Lion shows you'll ever see, along with tons of exotic creatures including crocodiles, exotic birds and much more. acuariomazatlan.com

3 life

Travel in brief

With all the fantastic food on board a first-class cruise ship, it may not be the ideal place to count calories. Only 10 per cent of cruisers worry they will gain weight on their vacation, says the Cruise Lines International Association. In a recent study, more than half of experienced cruisers ranked fine dining as the No. 1 benefit of a cruise vacation.
THE CANADIAN PRESS

Free ferry service from Galveston may be Lone Star State's best tourist bargain.

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Snowbirds flock to the Lone Star State

Fair-weather folk are ditching Florida in favour of the cheaper Texas

Linda Vander Woude spent one winter in Florida — and then headed west.

The price of staying in Florida's popular Fort Myers area when her husband's job went overseas — forcing an earlier-than-expected retirement — was too high. The crowds were too large. And the couple did not feel welcomed by the locals. So they looked for an alternative warm destination to flee to when frigid winter descended on their hometown of Kentwood, Mich.

"We were looking for something cheaper and warm, and we found Rockport," on the Texas Gulf Coast, the 63-year-old Vander Woude said, settling down for a night of country music and dancing at the Drifters Resort community hall in Rockport, Texas.

For years, it seemed, the charms of the Texas Gulf Coast were largely a secret — much to the chagrin of the locals, the business owners and the few outsiders aware of its magic. Now, though, that is changing as baby boomers seek cheaper, less-crowded winter destinations and flock to small towns that dot the South Texas coast.

The water is not as blue as Florida's. The winters are slightly less mild. The shopping is not as highfalutin. It's not nearly as hip as popular spring break destination South Padre Island along the Texas-Mexico border.

But the price is right, the economy is weak, and Texans are winning these folks over with Southern charm.

"Here, we're called Winter Texans. In Florida, we're snowbirds," explained Jan Evenson, a Waterloo, Iowa, native who spent 2 1/2 winters in Florida and never felt comfortable.

▶ The Gulf Coast of Texas might not have the blue waters of Florida, but it's still attracting plenty of people looking to escape northern winters.

By the numbers

- Rockport and Fulton together attract 5,000 to 8,000 winter Texans.
- The entire Gulf Coast region attracts about 30,000 retirees.

Evenson, 73, has been coming to Texas for 11 years, though until about six years ago, she and her husband would drive down to "the Valley" — the popular winter destination along Texas' border with Mexico.

Now, with gas prices rising and the border getting more violent, Evenson and her husband prefer Rockport — one of many small villages along the central portion of the Texas Gulf Coast.

This appears to be the trend, says Ann Vaughan, president and CEO of the Port Aransas Chamber of Commerce and Tourist Bureau. Port Aransas is about 30 kilometres and a ferry ride away from Rockport. The chamber hasn't done an official survey since 2004, but participation in community events and activities show the numbers of Winter Texans steadily

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Jamaica $99
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New York $104
Travel Jan 18 - Jan 25/ac — + taxes & fees $122

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Los Angeles $318
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Hong Kong $419
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The Manhattan — + taxes & fees $121
INCLUDES accom in Times Square. Departs Feb 10/ggv/dl. UPGRADE to 4-star W New York for $57 per night. ADD Empire State Building for $22.

Chicago Air + 3 Nights $394
Essex Inn — + taxes & fees $113
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Miami Air + 3 Nights $459
Indian Creek Hotel — + taxes & fees $126
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Cruises

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South Pacific 10-Night Cruise USD $865
Rhapsody of the Seas — + taxes & fees USD $126
CRUISE Sydney roundtrip and visit Noumea, Mystery Island, Vila, Lifou Isle and Isle of Pines. Sails Feb 6/rci.

Panama Canal 14-Night Cruise $1099
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Costa Rica 7 Nights 3.5-Star $489
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▶ The winters aren't as mild in Texas as they are in Florida, but the price is right for snowbirds on a budget.

increasing.

Gary Mysorski, director of parks and recreation in Port Aransas, says the number of people participating in his department's activities has gone up from just over 1,300 in the winter of 2009-10 to 1,700 last winter. Activities range from arts and crafts to catamaran cruises. This year, he even offered one activity before Thanksgiving — usually too early for the Winter Texans — and it was full.

"Years ago, the city would shut down during the winter ... they ran from Memorial Day to Labour Day and then nothing happened. And then as the Winter Texans began coming down, this all changed," Mysorski said, explaining that winter is now one of the busiest seasons.

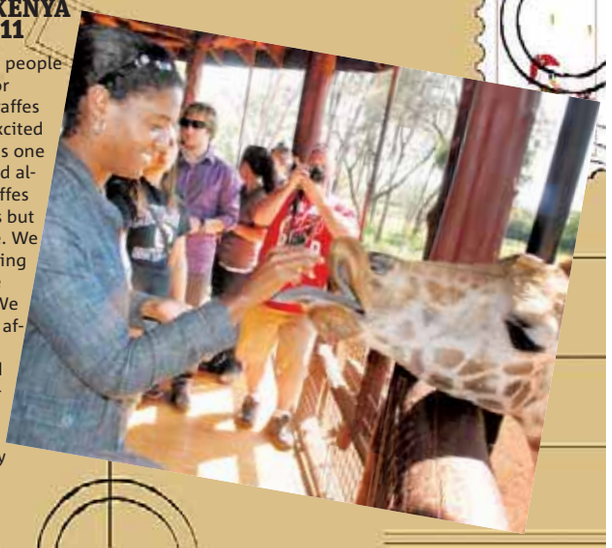
THE ASSOCIATED PRESS

Postcards from the planet

HEATHER GREENWOOD DAVIS
GLOBETROTTINGMAMA.COM

NAIROBI, KENYA
DEC. 31, 2011

There are some people at this centre for endangered giraffes who are very excited to be here. I was one of them. We had already seen giraffes in lots of places but never this close. We took turns feeding and petting the gentle giants. We snapped photo after photo. And though I smiled at the long purple tongue, dripping saliva, I — unlike many tourists — stopped short of a tongue to face hello. Cute, but not that cute.



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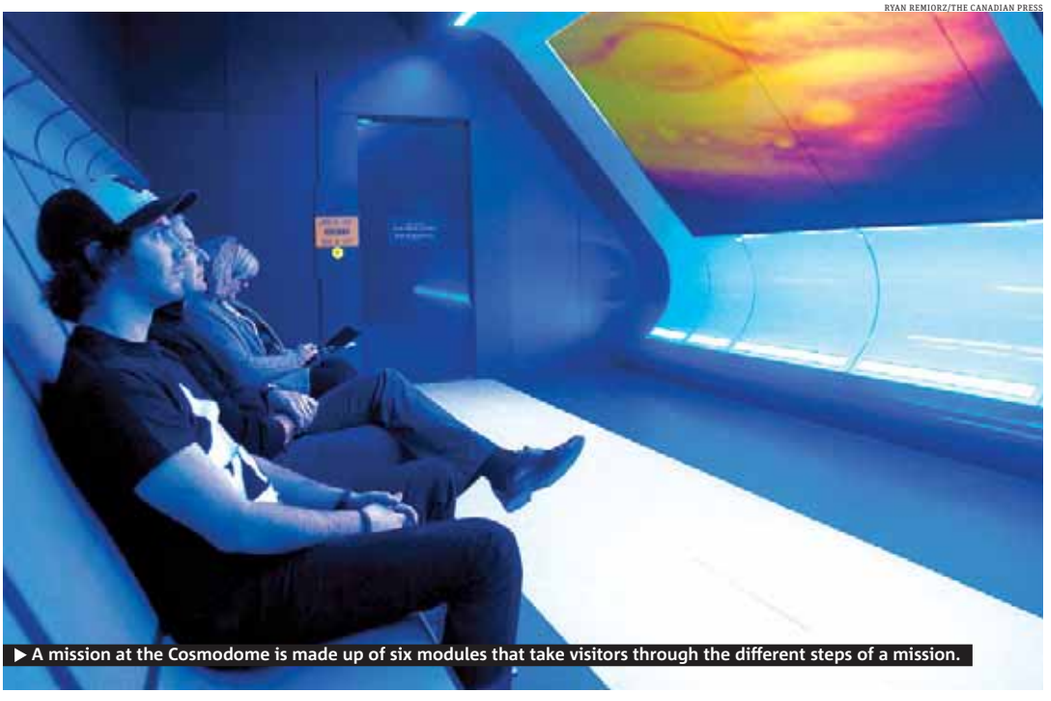
A French twist on Outer space

Think space tourism is out of your price range? At Quebec's Cosmodome, space missions cost only $15

RYAN REMIORZ/THE CANADIAN PRESS



▶ A mission at the Cosmodome is made up of six modules that take visitors through the different steps of a mission.

Have you ever wondered what it would be like to travel and live in space? Maybe the Cosmodome in Laval, Que., can help you explore the universe — minus the $35-million cost of being a space tourist.

The space science centre, north of Montreal, has undergone an extensive overhaul aimed at giving visitors a taste of space exploration.

Visitors have a choice of three virtual missions, each one lasting 60 minutes.

A mission costs $15 per adult and also provides access to the museum's space exhibit, which includes artifacts and a tribute to Yuri Gagarin, the first man in space.

A mission is made up of six modules that take visitors through the different steps of a space mission from start to finish.

It starts at the "Departures" gate where you're given a special bracelet that unlocks the touch screens along the way.

As you walk through the shiny corridors, which look like something out of Star Trek, there's a feeling that you're inside a futuristic space ship.

Following the centre's $10.5-million facelift, the first mission — The Outer Limits of the Cosmos — opened recently to visitors.

In it, a user must choose a planet and then program and launch a virtual space probe toward it. The user controls the virtual satellite and, along the way, gets to discover some of the mysteries of the solar system.

Finishing touches are being put on the other two missions — The Red Planet: Destination Mars and The Impossible Dream — and they should be ready by the end of January.

The Mars mission is being marketed as preparation for people to become astronauts and perform a long-duration, two and a half year voyage to and from the red planet.

Sylvain Belair, the Cosmodome's executive director, says a McGill University space expert was consulted and all mission scripts were approved by a scientific committee.

Belair says The Impossible Dream mission allows visitors to relive the conquest of space over the last 50 years.

It looks back on the Apollo program, the U.S. space shuttles and the International Space Station.

Belair says the Cosmodome wants to spark young people's interest in space exploration because they're the ones who will eventually be pioneers on the red planet.

"The first person who will set foot on Mars is currently living on Earth," Belair said.

THE CANADIAN PRESS

If you go...

- The Cosmodome is located at 2150 des Laurentides Highway, Laval, Que. For more information, call 450-978-3600 or visit cosmodome.org.
- The Cosmodome also runs Space Camp Canada in the same building. It's described as an opportunity for children aged nine to 15 to be trained as astronauts by a dedicated team of counsellors. Space Camp Canada first launched its junior astronaut training program in 1994.

Cooking with coffee

Warm up on a cold winter's day with homemade café au lait steamers ◗ You don't need an expensive espresso machine for this recipe

"Black as the devil, hot as hell, pure as an angel, sweet as love." That's how 19th-century French philosopher-politician Talleyrand described coffee. He would have appreciated these coffee-based treats.

THE CANADIAN PRESS

▶ This recipe makes 2 servings.

Ingredients :

- 250 mL (1 cup) strong brewed coffee
- 15 mL (1 tbsp) sugar
- 500 mL (2 cups) milk
- Ground cinnamon, for garnish

Preparation:

1. In a saucepan or large glass measuring cup, combine coffee and sugar. Gradually whisk in milk until blended. Heat in saucepan over medium heat or in microwave on medium (50 per cent) power until steaming, about 3 to 5 minutes.
2. To froth milk: Using a battery-powered latte whip or a whisk attachment on an immersion blender, whip hot milk mixture until frothy. Or transfer to an upright blender or milk frother and blend or pump until frothy.
3. Pour into 2 warmed latte bowls or large mugs and sprinkle or drizzle with cinnamon.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Drink of the week

Classic Irish Coffee

- 90 mL (3 oz) 35% whipping cream
- 500 mL (16 oz) hot coffee
- 8 white sugar cubes
- 125 mL (4 oz) Tullamore Dew Irish Whiskey

Pour cream into a blender and blend to slightly thicken cream; set blender jar on ice. Place 2 white sugar cubes in the bottom of each Irish coffee glass or goblet. Pour 125 mL (4 oz) hot coffee into each glass. Pour 30 mL (1 oz) whiskey into coffee. Pour cold cream over the back of a spoon on top of each drink where it will float. Makes 4 servings.

THE CANADIAN PRESS/ TULLAMORE DEW IRISH WHISKEY

◗ Coffee lovers are sure to enjoy this decadent lemon-and-coffee cake ◗ Use coffee in the cake batter and the icing to enhance its flavour ◗ Enjoy a slice with your favourite brew, a café au lait or a classic Irish coffee

THE CANADIAN PRESS

▶This recipe makes 10 to 12 servings.

Ingredients:

- 500 mL (2 cups) sugar
- 125 mL (½ cup) butter
- 2 eggs, beaten
- 75 mL (⅓ cup) sour cream
- 250 mL (1 cup) milk
- 750 mL (3 cups) all-purpose flour
- 10 mL (2 tsp) baking powder
- Juice and rind of 1 lemon
- Chocolate vermicelli

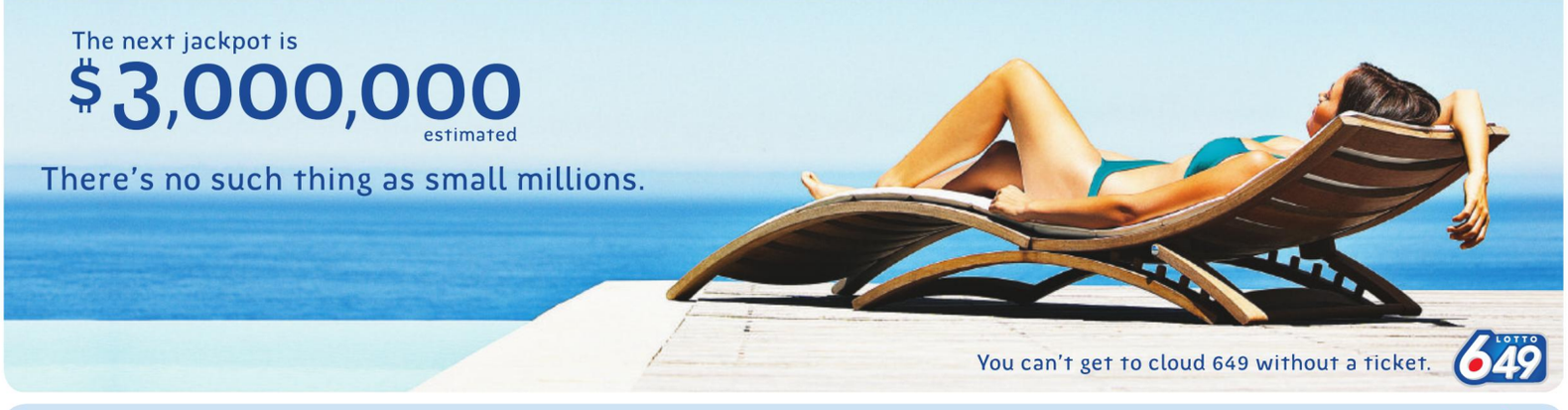
For Lemon Coffee Icing:

- Juice of 1 lemon
- 30 mL (2 tbsp) strong coffee
- 50 mL (¼ cup) butter
- 500 mL (2 cups) icing sugar

Preparation:

1. Heat oven to 180 C (350 F). In a large bowl, cream butter with sugar. Beat in eggs, one at a time, and sour cream with an electric mixer. Stir in milk and set aside.
2. In a separate bowl, mix flour with baking powder. Blend into butter mixture, beating until smooth. Add lemon juice and rind. Mix well.
3. Pour mixture into a 23-cm (9-inch) buttered round cake pan. Bake for 1 hour.
4. Let stand for 10 minutes and remove from pan.
5. Spread with icing. Sprinkle cake with chocolate vermicelli to decorate.
6. To make Lemon Coffee Icing: Squeeze lemon juice into a small bowl and strain to remove pits. In a food processor, cream lemon juice, coffee, butter and half the sugar. Whip in remaining sugar. Spread cake with icing. Chill 2 hours.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA



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Go green, get green

Saving the earth can mean saving a few pennies, too ◗ Yet another good reason to put an eco-conscious foot forward ◗ Start with your workplace

Businesses may want to go green and improve their eco-efficiency for a variety of reasons.

Lower costs may be one benefit. Industry best practices may be another.

Going green may also be a key selling point for customers.

"Going green essentially means reducing waste — and reducing waste saves money," says Nima Fotovat, general manager at Shandiz Natural Foods, a manufacturer of natural and organic snack bars based in Ontario.

"It's a win-win situation. Save the planet and save money."

The company uses renewable energy sources, recycled materials and describes their products as having "big flavours, small footprints."

Here are five tips to help your business reduce its carbon footprint and save money.

Remember the three Rs

Reduce, reuse and recycle should be part of any company's eco strategy.

Being innovative about reducing and reusing waste will lower costs. In office environments, promote a less wasteful workplace by using waste paper as notepaper and supply durable cutlery and plates instead of disposables.

Reduce energy consumption

Businesses can easily save money by avoiding wasted energy from unused lighting, heating or equipment. Turning off lights and equipment when they're not in use can have a significant impact.

Turn off all computers at the end of the day to keep energy costs and consumption down.

Adopt green technology

There are a number of technologies that can save a company money. Start with the easy things, like setting up energy-efficient modes on computers and switching to energy-efficient lighting. If this has already been done, bigger changes can be made, like buying energy-efficient equipment, purchasing alternative fuel vehicles or switching to solar or wind energy. These changes will cost more money up front, but can provide major savings in the long run.

Get green government help

You don't have to go green by yourself. There are various incentives and programs to help. As a first step, contact Canada Business Ontario, a free service from the federal and provincial governments. They can provide detailed information on a variety of business topics including a list of financial assistance programs and hiring incentives for businesses wanting to become energy and environmentally efficient.

Get eco-efficient

Creating more goods and services with fewer resources is the goal of eco-efficiency. While this means less waste and less harm to the planet, doing more with less can also give a company a competitive advantage. To help assess and improve an organization's green efficiency, Industry Canada provides an eco-efficiency website (ic.gc.ca/eco-efficiency) with tools to help any business adopt and integrate eco-efficiency.

Whatever the reason for making your business more ecologically friendly, going green makes good business sense.

NEWS CANADA

ISTOCK

▶ Plant the seed of change to green up your office.

Good job

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Help! I'm lost on the road to success

With a new year just beginning, now is the perfect time to establish a revived sense of direction Here's how

MEG POPOVIC
TALENTEGG.CA

This week I received a random Facebook message from a former student of mine.

Degree completed, resumé drafted, his character is infused with endless potential. He's bright and charismatic, driven and ambitious. Bottom line: The guy's a total rockstar.

Yet, in his current post-graduation haze, he's at a complete loss of how to get to where he wants to go in his professional life…

Dear Dr. Popovic,

In our class last year you talked a lot about a person's life path. At the time, I was so immersed in my student life that it didn't really click. Now, it's several months after graduation, I'm back home and feeling really confused about my job prospects. I thought I would have the full-time career of my dreams, start paying off my debt and be so much farther ahead than I am now. I am ready to grow up and I am willing to do the work. I see BIG things for my life path, but I don't know the right directions to take NOW... Do you have any suggestions?

Thanks! JK

Although my student's destination is unique, his newfound professional reality is ubiquitous among recent grads: He's lost and needs a new map.

Oprah Winfrey stated that "luck is preparation meeting opportunity."

The irony I've encountered with my current and former students is that it's always the most capable and positive students who come to crossroads in the early stages of their careers.

For these bright young people, I suggest using two viewpoints to navigate their life paths.

1

Life compass: Envision your direction

This is the big picture perspective on your life as a whole. It entails all of who you want to be. It's the professional, personal, social, health/fitness, economic, and spiritual intentions:

- What do you want to unfold in your life?
- What is a well-rounded, successful life for you?
- What are the opportunities you dream of?

A life compass points you in the direction that you aspire to go in your professional and personal life.

By considering these priorities and seeing them on paper, you will establish a stronger sense of purpose in your current and future endeavours.

Build your compass

- Craft a mind map that uses words to visualize, categorize and delineate ideas for your future.
- Create a vision board collage filled with images and words that connect to important dreams and aspirations you have for different areas of your life.
- Write a business plan for your life, complete with vision statement, budget, and 'board members' (family, friends, colleagues) who will be there to support your vision.

ISTOCK

▶ It's all in your mind: Picture the path you need to take in order to reach the finish line of your career fantasy.

2

Career GPS: Clarifying the routes

Once the direction of the greater life path is clearer, it's important to clarify the ways to reach the professional destinations of preference. Oprah calls it preparation; I consider it the 'doing' that grows your dreams. When executed with efficiency, attentiveness, and insight, this is the type of navigation that helps you build your life path.

Consider what your ultimate dream job is. Is it an entrepreneur? Investment banker? Psychotherapist? Nuclear energy engineer? What are the hard and soft skills required to attain excellence in this profession? Use this ideal goal as the destination to work backward from in the current moment.

Most importantly, be willing to do the work to get yourself prepared. Assume that en route to your final destination, there are 'stops' along the way. It may take five to 10 years for you to be prepared for the arrival of this opportunity.

Continue asking yourself questions like these to explore possible routes for your career:

- What can you do now that builds the foundation for your future direction?
- What skills and experiences can you attain to be ready for the opportunity when it shows up?
- What certifications and education are required to be competitive for this dream position?

You have the opportunity to craft your route.

Write down these new ways of being and doing and post them where you can see them daily. Strive to see your destination with a heightened awareness.

MEG POPOVIC, PHD, IS A GROUP FACILITATOR, PUBLISHED AUTHOR, UNIVERSITY PROFESSOR AND LIFE COACH.
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So you're feeling a little SAD

It's the time of year when Seasonal Affective Disorder can set you back in school and at the office Get control

Most people get the winter blues, especially in February when days are short and warmer weather seems like it will never come again.

While many of us may feel down, for some, winter can have an even more disabling affect.

Seasonal Affective Disorder, also known as SAD, is a type of depression most commonly occurring during these cold winter months.

Typical symptoms of this condition include: sleeping too much, overeating (especially carbs and sweets), loss of energy, social withdrawal and difficulty concentrating. And people in colder climates, like here in Canada, are more likely to experience SAD.

ISTOCK

▶ Wallowing in the winter blues isn't going to make them melt away any faster. Get up and start moving.

Dr. Robert Auger, a psychiatrist at Mayo Clinic, points out that many people will periodically experience elements of SAD.

It is important, however, to seek professional help when symptoms begin to affect one's ability to perform at work, or when they start to take a toll on personal relationships. Individuals with SAD will be counselled to seek clinical help when feeling hopeless, thinking about suicide, or turning to alcohol for comfort or relaxation.

NEWS CANADA

Click for more

More health-related information is available online at:

mayoclinic.org/canada

Dr. Auger's tips

Here are some tips from the Mayo Clinic's Dr. Robert Auger

- Get outside. There is no substitute for natural light. If you work during the day, try to go for a walk during a break or lunch.
- Light therapy boxes can help to boost your mood when you're unable to get outdoors.
- Get regular exercise at least three times a week for 30 minutes.
- Stay social. Interact with family, co-workers and friends on a regular basis.

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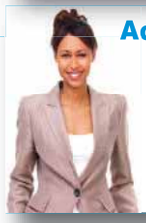

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Killer instinct at both ends

Perfect night on penalty kill puts Maple Leafs in position to go on offensive vs. Lightning

TORONTO MAPLE LEAFS	LIGHTNING
7	3

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Tampa Bay's Mathieu Garon, left, reacts as Toronto's Phil Kessel celebrates a goal by teammate Carl Gunnarsson at Air Canada Centre Tuesday night.

The Toronto Maple Leafs much-maligned penalty kill woke up in time to kick off a crucial part of the season.

Toronto killed off four early Lightning power plays, including a 5-on-3 disadvantage, before an offensive explosion powered the Leafs to a 7-3 victory over Tampa Bay on Tuesday night.

Joffrey Lupul led the way offensively with a goal and three assists as each of the team's four lines chipped in.

But scoring hasn't plagued the Leafs of late, not compared with their inability to kill a penalty. The NHL's worst unit was the focus of a tense practice on Monday and looked much better a night later as the Leafs killed off three first-period minors — drawing cheers from tense fans.

That kept the game close and allowed for the offensive display that followed.

Carl Gunnarsson, Mikhail Grabovski, Darryl Boyce, Matt Frattin, Dion Phaneuf and Phil Kessel added goals for the Leafs (19-15-5).

Vincent Lecavalier, Steven Stamkos and Pavel Kubina replied for the Lightning (17-18-3).

The Leafs have recently fallen out of the top eight in the Eastern Conference and earned valuable points against the Lightning, who are not far behind.

Tampa entered the game on a promising 5-1-1 run and got on the scoreboard early, with Lecavalier finding the puck in traffic and beating Jonas Gustavsson at 58 seconds. But the Lightning were unable to sustain that momentum after getting thwarted during the man advantage situations and seeing Lupul and Gunnarsson counter for Toronto before the period was out.

A wild second period helped seal the Leafs victory.

Stamkos kicked things off by scoring his league-leading 27th goal to briefly tie it 2-2. But Grabovski and Kubina traded goals in the next 91 seconds and Boyce made it 4-3 to put Toronto ahead for good 17 seconds later. **THE CANADIAN PRESS**

9

Tuesday night was the beginning of an important stretch that will see the Leafs play nine of 11 games at Air Canada Centre heading into the all-star break.

Leafs-Ducks deal

The Leafs sent forward Luca Caputi to the Anaheim Ducks on Tuesday for forward Nicolas Deschamps.

- **Deschamps** wasted little time impressing his new team — and punishing his old one.
- He scored in his Toronto debut as the Marlies blanked his former minor league club, the Syracuse Crunch, 2-0 in American Hockey League action Tuesday.

4 sports

Quoted

"I'm working hard to pick up the language as much as I can and as quickly as I can."

INTERIM CANADIENS COACH RANDY CUNNEYWORTH, WHO SAID TUESDAY HE IS WORKING ON LEARNING FRENCH AND HOPES THAT SIGNIFICANT STRIDES WILL BE MADE BY THE TIME THE DECISION IS MADE ON WHO WILL BE BEHIND THE BENCH NEXT SEASON. OWNER GEOFF MOLSON AND GENERAL MANAGER PIERRE GAUTHIER HAVE PROMISED THEY WILL HAVE A COACH WHO CAN SPEAK FRENCH IN PLACE FOR THE 2012-13 CAMPAIGN.

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EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	37	24	9	1	3	110	79	52	11-3-0-2	13-6-1-1	7-3-0-0	W2
d-Boston	35	24	10	0	1	123	68	49	13-6-0-1	11-4-0-0	7-3-0-0	L1
d-Florida	39	20	12	3	4	103	107	47	10-4-1-4	10-8-2-0	4-4-1-1	W1
Philadelphia	37	22	11	2	2	125	109	48	8-6-1-1	14-5-1-1	5-4-0-1	L1
Pittsburgh	38	21	13	2	2	121	100	46	11-5-2-0	10-8-0-2	5-5-0-0	L2
Ottawa	40	20	15	3	2	123	135	45	12-8-0-1	8-7-3-1	7-3-0-0	W3
New Jersey	38	21	15	1	1	105	108	44	10-6-0-1	11-9-1-0	7-2-1-0	L1
Washington	38	21	15	0	2	114	110	44	14-5-0-1	7-10-0-1	6-3-0-1	W4
Winnipeg	38	19	14	3	2	104	107	43	14-6-0-1	5-8-3-1	6-3-0-1	W3
Toronto	39	19	15	3	2	125	128	43	9-5-2-2	10-10-1-0	4-4-2-0	W1
Buffalo	39	18	17	2	2	104	115	40	10-9-2-2	8-8-0-0	3-5-1-1	W1
Tampa Bay	38	17	18	1	2	107	129	37	11-5-0-0	6-13-1-2	4-5-1-0	L1
Montreal	39	14	18	2	5	99	110	35	5-7-2-4	9-11-0-1	3-7-0-0	L2
NY Islanders	37	14	17	4	2	88	116	34	8-9-3-0	6-8-1-2	5-5-0-0	W3
Carolina	41	13	21	4	3	106	139	33	9-10-0-3	4-11-4-0	4-3-2-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	39	24	11	1	3	128	111	52	14-4-0-3	10-7-1-0	7-3-0-0	L1
d-Vancouver	40	24	13	0	3	131	99	51	11-5-0-2	13-8-0-1	6-3-0-1	L2
d-Los Angeles	40	19	14	3	4	87	92	45	11-9-0-2	8-5-3-2	6-1-1-2	L1
Detroit	38	24	13	1	0	123	84	49	15-2-1-0	9-11-0-0	6-4-0-0	W1
Minnesota	40	21	13	2	4	95	95	48	11-6-1-2	10-7-1-2	1-6-0-3	L1
St. Louis	38	21	12	0	5	95	85	47	14-3-0-2	7-9-0-3	5-3-0-2	L3
Nashville	39	21	14	3	1	105	108	46	11-6-2-1	10-8-1-0	7-3-0-0	W3
Colorado	41	22	18	1	0	110	116	45	13-10-0-0	9-8-1-0	8-2-0-0	W3
San Jose	35	20	11	3	1	102	85	44	12-7-2-0	8-4-1-1	5-2-2-1	W1
Dallas	37	21	15	0	1	100	107	43	12-6-0-1	9-9-0-0	6-4-0-0	W1
Phoenix	39	19	16	2	2	102	103	42	7-8-2-1	12-8-0-1	4-5-1-0	W1
Calgary	41	18	18	3	2	100	114	41	10-5-1-1	8-13-2-1	4-4-1-1	L4
Edmonton	39	16	20	0	3	107	111	35	10-6-0-2	6-14-0-1	2-8-0-0	L1
Anaheim	37	10	21	2	4	87	124	26	7-11-1-0	3-10-1-4	2-7-0-1	L2
Columbus	38	10	23	1	4	93	128	25	6-11-1-2	4-12-0-2	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto 7 Tampa Bay 3
Washington 3 Calgary 1
Buffalo 4 Edmonton 3
N.Y. Islanders 4 Carolina 3 (SO)
Phoenix at St. Louis
Detroit at Dallas
Monday's results
Edmonton 4 Chicago 3
Ottawa 3 New Jersey 2 (OT)
San Jose 3 Vancouver 2 (SO)
Colorado 2 Los Angeles 1 (SO)
NHL WINTER CLASSIC
At Philadelphia
N.Y. Rangers 3 Philadelphia 2
Tonight's games
All Times Eastern
Winnipeg at Montreal, 7:30 p.m.
Boston at New Jersey, 7:30 p.m.
Minnesota at Vancouver, 10 p.m.
San Jose at Anaheim, 10 p.m.
Tomorrow's games
Calgary at Boston, 7 p.m.
Winnipeg at Toronto, 7 p.m.
Florida at N.Y. Rangers, 7 p.m.
Chicago at Philadelphia, 7 p.m.
Tampa Bay at Ottawa, 7:30 p.m.
Edmonton at St. Louis, 8 p.m.
Dallas at Nashville, 8 p.m.
Phoenix at Los Angeles, 10:30 p.m.
Columbus at San Jose, 10:30 p.m.
Friday's games
Florida at New Jersey, 7 p.m.
N.Y. Rangers at Pittsburgh, 7 p.m.
Buffalo at Carolina, 7 p.m.
Colorado at Chicago, 8:30 p.m.
N.Y. Islanders at Anaheim, 10 p.m.

MAPLE LEAFS 7, LIGHTNING 3

First Period
1. Tampa Bay, Lecavalier 14 (Wyman, Moore) 0:58
2. Toronto, Lupul 18 (Connolly, Gardner) 3:25
3. Toronto, Gunnarsson 2 (Connolly, Lupul) 8:46
Penalties — Bergeron TB (holding) 1:15, Downie TB (double roughing), Phaneuf Tor (roughing) 11:58, Franson Tor (boarding) 14:40, Schenn Tor (roughing) 17:20, Connolly Tor (elbowing) 18:35.
Second Period
4. Tampa Bay, Stamkos 27 (St. Louis) 11:55
5. Toronto, Grabovski 11 (Lupul, Schenn) 12:28
6. Tampa Bay, Kubina 3 (Brewer) 13:26
7. Toronto, Boyce 1 (Frattin, Aulie) 13:43
8. Toronto, Frattin 5 (Kadri, Lombardi) 19:22
Penalties — Toronto bench (too many men; served by Frattin) 6:34, Downie TB (unsportsmanlike conduct, double roughing, misconduct), Aulie Tor (roughing), Boyce Tor (roughing, misconduct) 13:59.
Third Period
9. Toronto, Phaneuf 6 (Grabovski, MacArthur) 1:23 (pp)
10. Toronto Kessel 22 (Lupul, Phaneuf) 12:28 (pp)
Penalties — Purcell TB (interference) 0:56, Gustavsson Tor (tripping) 6:35, Kubina TB (holding) 11:32, Hall TB (roughing) 12:04, Thompson TB, Schenn Tor (fighting) 16:32.
Shots

Tampa Bay	11	7	6	24
Toronto	13	16	13	42

Goal (shots-saves) — Tampa Bay: Garon (W,11-10-2)(21-17), Roloson (13:43 second; 21-18); Toronto: Gustavsson (W,10-7-0).
Power plays (goals-chances) — Tampa Bay: 0-5; Toronto: 3-7.
Referees — Dan O'Halloran, Chris Lee. **Linesmen** — Brad Kovachik, Mark Shewchyk.
Attendance — 19,425 (18,819) at Toronto.

SABRES 4, OILERS 3

First Period
1. Edmonton, Hall 12 (Hemsky, Gagner) 10:33
2. Buffalo, Pominville 13 (Hecht, McNabb) 14:23
Penalty — Weber Buf (tripping) 5:26.
Second Period
3. Buffalo, Leopold 7 (Stafford, McNabb) 5:10
4. Edmonton, Gagner 5 (Petry, Hemsky) 9:24 (pp)
Penalties — Hemsky Edm (goaltender interference) 5:34, Kaleta Buf (charging) 8:04, Buffalo bench (too many men; served by Gerbe) 9:10.
Third Period
5. Buffalo, Stafford 7 (Gerbe, D.Roy) 14:34
6. Buffalo, Gerbe 4 (Stafford) 16:38
7. Edmonton, Potter 3 (Eberle, Lander) 18:10
Penalty — Peckham Edm (holding) 10:54.
Shots

Edmonton	14	5	7	26
Buffalo	8	12	13	33

Goal — Edmonton: Khabibulin (L,11-11-3); Buffalo: Miller (W,10-10-2). **Power plays (goals-chances)** — Edmonton: 1-3; Buffalo: 0-2.
Referees — Don Van Massenhoven, Kevin Pollock.
Linesmen — David Brisebois, Anthony Sericolo.
Attendance — 18,690 (18,690) at Buffalo, N.Y.

CAPITALS 3, FLAMES 1

First Period
1. Washington, Ovechkin 17 (Johansson, Backstrom) 1:11 (pp)
Penalty — R.Bourque Cal (holding) 0:36.
Second Period
2. Washington, Brouwer 11 (Ovechkin, Backstrom) 8:49 (pp)
3. Calgary, Glencross 16 (Iginla, Brodie) 13:51
4. Washington, Wideman 7 (Backstrom, Johansson) 17:01
Penalties — Green Wash (holding) 2:36, Butler Cal (holding) 8:29.
Third Period
No Scoring.
Penalties — R.Bourque Cal (elbowing) 10:06, Knuble Wash (slashing) 12:20, Green Wash (interference) 15:39, Knuble Wash (delay of game) 19:10.
Shots

Calgary	4	8	7	19
Washington	8	9	4	21

Goal — Calgary: Kiprusoff (L,17-14-2); Washington: Vokoun (W,16-8-0). **Power plays (goals-chances)** — Calgary: 0-4; Washington: 2-3.
Referees — Kelly Sutherland, Ian Walsh.
Linesmen — Scott Cherrey, Pierre Racicot.
Attendance — 18,506 (18,398) at Washington.

SCORING LEADERS

	G	A	PT
Giroux, Pha	18	28	46
H.Sedin, Vcr	10	36	46
Kessel, Tor	21	23	44
D.Sedin, Vcr	17	27	44
Stamkos, TB	26	17	43
Malkin, Pgh	15	28	43
Hossa, Chi	17	24	41
Eberle, Edm	16	25	41
Lupul, Tor	17	23	40
Spezza, Ott	14	26	40
Toews, Chi	22	17	39
Vanek, Buf	18	21	39
Backstrom, Wash	13	26	39
Datsyuk, Det	12	27	39
Pominville, Buf	12	27	39

Not including last night's games

HOCKEY

2012 WORLD JUNIOR CHAMPIONSHIP

All Times Eastern

CHAMPIONSHIP BRACKET

At Calgary
Yesterday's results
SEMIFINALS
Sweden 3 Finland 2 (SO)
Canada vs. Russia
Monday's results
QUARTER-FINALS
Finland 8 Slovakia 5
Russia 2 Czech Republic 1 (OT)
Tonight's game
FIFTH PLACE
Czech Republic vs. Slovakia, 9 p.m.
Tomorrow's games
BRONZE MEDAL
Finland vs. Canada/Russia Loser, 3:30 p.m.
GOLD MEDAL
Sweden vs. Canada/Russia Winner, 8 p.m.

RELEGATION BRACKET

Yesterday's result
U.S. 12 Latvia 2
Monday's result
Switzerland 4 Denmark 3 (OT)
Today's games
Latvia vs. Denmark, 1 p.m.
Switzerland vs. U.S., 5 p.m.

2012 WORLD U-17 CHALLENGE

At sites in Southwestern Ontario

PLAYOFFS

Yesterday's results
At Windsor, Ont.
SEMIFINALS
U.S. 2 Sweden 1 (SO)
Russia 4 Ontario 3 (OT)
At Tecumseh, Ont.
SEVENTH PLACE
Atlantic 4 Czech Republic 2
At LaSalle, Ont.
NINTH PLACE
Germany 6 West 3
FIFTH PLACE
Pacific 5 Quebec 4 (OT)
Today's games
At Windsor, Ont.
THIRD PLACE
Sweden vs. Ontario, 2 p.m.
CHAMPIONSHIP
Russia vs. U.S., 7 p.m.

2012 WORLD WOMEN'S U-18 CHAMPIONSHIP

At Prerov and Zlin, Czech Republic
Yesterday's results
At Prerov, Czech Republic
Canada 7 Finland 0
Germany 6 Switzerland 1
At Zlin, Czech Republic
Sweden 6 Russia 2
U.S. 13 Czech Republic 1
Today's games
At Zlin, Czech Republic
QUARTER-FINALS
Sweden vs. Finland, 9 a.m.
Czech Republic vs. Germany, 1 p.m.

FOOTBALL

NCAA BOWL GLANCE

All Times Eastern
Last night's result
SUGAR BOWL
At New Orleans
Michigan (10-2) vs. Virginia Tech (11-2)
Monday's results
TICKETCITY BOWL
At Dallas
Houston 30 Penn State 14
CAPITAL ONE BOWL
At Orlando, Fla.
South Carolina 30 Nebraska 13
OUTBACK BOWL
At Tampa, Fla.
Michigan State 33 Georgia 30 (3OT)
GATOR BOWL
At Jacksonville, Fla.
Florida 24 Ohio State 17
ROSE BOWL
At Pasadena, Calif.
Oregon 45 Wisconsin 38
FIESTA BOWL
At Glendale, Ariz.
Oklahoma State 41 Stanford 38 (OT)
Tonight's game
ORANGE BOWL
At Miami
West Virginia (9-3) vs. Clemson (10-3), 8 p.m.
Friday's game
COTTON BOWL
At Arlington, Texas
Kansas State (10-2) vs. Arkansas (10-2), 8 p.m.
Saturday's game
BBVA COMPASS BOWL
At Birmingham, Ala.
Pittsburgh (6-6) vs. Southern Methodist (7-5), Noon
Sunday, Jan. 8
GODADDY.COM BOWL
At Mobile, Ala.
Arkansas State (10-2) vs. Northern Illinois (10-3), 9 p.m.
Monday, Jan. 9
BCS NATIONAL CHAMPIONSHIP
At New Orleans
Louisiana State (13-0) vs. Alabama (11-1), 8:30 p.m.
Saturday, Jan. 21
EAST-WEST SHRINE CLASSIC
At St. Petersburg, Fla.
East vs. West, TBA
Saturday, Jan. 28
SENIOR BOWL
At Mobile, Ala.
North vs. South, 4 p.m.
Saturday, Feb. 4
TEXAS VS. NATION
At San Antonio, Texas
Texas vs. Nation, 2 p.m.

NFL

PLAYOFFS

All Times Eastern

WILD-CARD

Saturday's games
Cincinnati at Houston, 4:30 p.m.
Detroit at New Orleans, 8 p.m.
Sunday, Jan. 8
Atlanta at New York Giants, 1 p.m.
Pittsburgh at Denver, 4:30 p.m.

NBA

Last night's results
Cleveland 115 Charlotte 101
Memphis 113 Sacramento 96
Atlanta at Chicago
Portland at Oklahoma City
Milwaukee at Utah
Houston at L.A. Lakers
Monday's results
Phoenix 102 Golden State 91
Boston 100 Washington 92
Indiana 108 New Jersey 94
Detroit 89 Orlando 78
Atlanta 100 Miami 92
Toronto 90 New York 85
Minnesota 106 San Antonio 96
Dallas 100 Oklahoma City 87
Denver 91 Milwaukee 86
Utah 94 New Orleans 90
Tonight's games
All Times Eastern
Cleveland at Toronto, 7 p.m.
Washington at Orlando, 7 p.m.
New Jersey at Boston, 7:30 p.m.
Chicago at Detroit, 7:30 p.m.
Indiana at Miami, 7:30 p.m.
Charlotte at New York, 7:30 p.m.
Philadelphia at New Orleans, 8 p.m.
Memphis at Minnesota, 8 p.m.
Phoenix at Dallas, 8:30 p.m.
Golden State at San Antonio, 8:30 p.m.
Sacramento at Denver, 9 p.m.
Houston at L.A. Clippers, 10:30 p.m.
Tomorrow's games
Miami at Atlanta, 8 p.m.
Dallas at San Antonio, 8:30 p.m.
Milwaukee at Sacramento, 10 p.m.
L.A. Lakers at Portland, 10:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	20	15	3	2	56	16	48
Manchester Utd	19	14	3	2	49	17	45
Tottenham	19	13	3	3	36	20	42
Chelsea	20	11	4	5	39	25	37
Arsenal	20	11	3	6	36	28	36
Liverpool	20	9	7	4	24	18	34
Newcastle	19	8	6	5	26	25	30
Stoke	20	8	5	7	22	31	29
Norwich	20	6	7	7	30	35	25
Sunderland	20	6	6	8	27	23	24
Everton	18	7	3	8	19	20	24
Swansea	20	5	8	7	20	23	23
Aston Villa	20	5	8	7	22	26	23
Fulham	20	5	8	7	22	26	23
West Brom	20	6	4	10	19	28	22
Wolverhampton	20	4	5	11	22	36	17
QPR	20	4	5	11	19	35	17
Wigan	20	3	6	11	18	41	15
Blackburn	20	3	5	12	29	43	14
Bolton	19	4	1	14	23	42	13

Yesterday's results
Manchester City 3 Liverpool 0
Tottenham 1 West Bromwich Albion 0
Wigan 1 Sunderland 4

SPAIN

COPA DEL RAY

FIFTH ROUND — FIRST LEG
(Home teams listed first)
Yesterday's results
Albacete 0 Athletic Bilbao 0
Alcorcon 2 Levante 1
Mirandes 2 Racing 0
Real Madrid 3 Malaga 2

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4Motion

The R comes with VW's 4Motion all-wheel-drive system. During ideal road/weather conditions, all of the R's power is directed to the front tires, however when they begin to slip, up to 100 per cent of the torque shifts to the rear wheels.

Obviously the R is a true driver's car and that means a firm-riding, body-roll-reducing suspension, added braking power and a businesslike interior with well-bolstered front seats (covered in leather), aluminum pedals and a leather-wrapped steering wheel.

Transmission

The R's sole transmission is a six-speed manual, which is somewhat surprising given that the German automaker already builds a faster-shifting state-of-the-art paddle-operated manual gearbox for use in other Golf models.

Still, VW claims that the stick-shift R will hit 100 km/h in less than six seconds, which is quick enough for most folks. Be advised, however, that the R takes premium fuel.

Engine

The engine is a turbocharged 2.0-litre four-cylinder generating 256 horsepower and 243 pound-feet of torque. By comparison, the GTI, now relegated to being the second sportiest Golf on the lot, also comes with a 2.0-litre turbo-four, but it's rated at 200 horsepower and 207 pound-feet of torque.

Credit for the R's extra spunk goes to the turbocharger system that delivers considerably more boost than the GTI's.

▶ These 18-inch wheels are unique to the Golf R while the ride height is a bit more than half an inch lower than that of the GTI.

Volkswagen's pumped up kicks

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

When it comes to constructing the "hot-hatch" Golf R, Volkswagen certainly knows a thing "R" two.

The automaker is able to call up the requisite firepower and related performance content from its parts bins to build the kind of machine that will attract new fans to the brand that might otherwise end up at a Mitsubishi, Subaru or BMW/Mini store.

Volkswagen has been down the high-output road with the Golf before, specifically for the 2008 model year with the short-lived (and not for Canada) R32, with its 250-horsepower V-6 and all-wheel-drive. Now the automaker returns in early 2012 with yet another pumped-up Golf-based model designed to thrill and delight the North American masses, or at least those who appreciate a tightly-proportioned vehicle that can haul like the dickens in every sense of the word.

For Canadian consumption, there's a total allocation of 500 R models and all are four-door hatchbacks.

Other cars might make more content available, from blind-spot warning systems to intuitive/active cruise control, but the Golf R is having none of it. It concentrates on enriching the driving experience through generous helpings of power without ballooning the price through indiscriminate applications of luxury fluff and superfluous safety gadgetry.

On that basis alone, the R is tough to beat.

▶ Fully decked out, the Golf cockpit is far from cheap looking.

▶ The R is a traditional hatchback with plenty of details such as these LED taillights.

VW Golf R

What you should know about the 2012 Volkswagen Golf R:

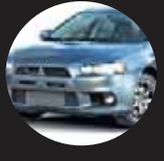
- **Types:** Four-door, all-wheel-drive compact hatchback.
- **Engine (hp):** 2.0-litre DOHC I4, turbocharged (256).
- **Transmission:** Six-speed manual.
- **Market position:** By its very nature, the Golf R will be a limited-production model designed to bring attention to the Golf line in general, and specifically to Volkswagen's expertise in creating high-performance automobiles.
- **Mileage:** L/100 km (city/hwy) 12.0/8.5 (est.).

5 drive

By comparison

Subaru Impreza WRX STI
Base price: $39,900
Rally-bred all-wheel-driver available in sedan and wagon formats.

Mitsubishi Evolution
Base price: $43,600
Lancer-based sedan closely matched with Subaru WRX STI.



Mini Cooper JCW
Base price: $39,000
Peppy, FWD hatch is a salute to Mini's half-century racing heritage.

WHEELBASE MEDIA

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CARS AS COACHES? I SAY YEA, AND NAY

AUTO PILOT

MIKE GOETZ
DRIVE
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CONTRIBUTED

▶ The 2012 Focus Electric features Ford's next-generation SmartGuage. Note the Brake Coach on the left and the butterflies on the right, which represent a surplus range.

On-board coaching devices first started showing up on the dashboards of hybrid and electric vehicles as a way to help drivers understand and leverage the new electrified powertrains.

These devices have now migrated over to "conventional" vehicles. Over in this camp, they have a slightly different role — foster better fuel economy by encouraging and developing "greener" driving habits.

Is this a good thing? Who can say no? But a part of me wants to say, take a hike.

Let's first look at why they're more or less a good thing…

Some are just green icons that light up on the dash. In Toyota's case, it's a green "Eco" that gives you a symbolic thumbs up on the dash, whenever you're driving in an ecological manner. It's easy and dead simple to use — even though I'm sure the software math behind it isn't dead simple.

It's also very effective. When Toyota first researched and tested the system, it found that drivers using Eco Drive typically increase the vehicle's fuel efficiency by about four per cent.

It's also worth noting that you get fuel efficiency gains even if you don't "get green" all the time. As long as you're trying, you're bound to get some fuel economy benefit.

Of course, hybrid vehicles have more elaborate "coaching" displays. On its first-generation hybrids, Ford debuted SmartGuage with EcoGuide fuel economy coaching. It was revolutionary in its use of colour and graphic displays, and was ultimately successful in "training" owners on how to drive hybrids in the most efficient manner.

Recently I had a chance to see Ford's next-generation SmartGuage, as fitted to the new Ford Focus Electric. The cluster display features blue butterflies to represent the surplus range beyond a desired destination. The more butterflies there are, the more surplus you have to get to your final destination and/or charging station.

Ford also developed a way of coaching drivers to better take advantage of the energy that can go back into the battery during deceleration and braking. If this is done as good as possible, Ford claims that the system can capture 95 per cent of the available energy

At the end of each trip, the screen provides distance driven, kilometres gained through regenerative braking, energy consumed, and a comparative gasoline savings achieved by driving electric. Even more information can be had by connecting the vehicle to your smartphone, such as how much electricity your air conditioning is consuming.

All good stuff right? But here's the thing. I always thought if there was a coach-player relationship going on with my vehicle and myself, that I would be the coach. "What are you doing! This is a passing opportunity here!"

Also, I like my coaches on the loopy side. Bruce Boudreau yelling a blue streak. Bobby Knight throwing a chair. Leo Durocher wanting to win at all costs.

Consider this quote from Leo, on how to play the game: "If I were playing third base and my mother were rounding third with the run that was going to beat us, I'd trip her. Oh, I'd pick her up and brush her off and say, 'Sorry Mom.' But nobody beats me."

You going to get that kind of personality from an LED display and some software?

Well, they're probably working on it.

Coaches on coaching

"Excellence is the gradual result of always striving to do better."
PAT RILEY, LEGENDARY NBA COACH

"Leadership is getting someone to do what they don't want to do, to achieve what they want to achieve."
TOM LANDRY, LEGENDARY NFL COACH

Infiniti's shot at best-of-the-best sedans

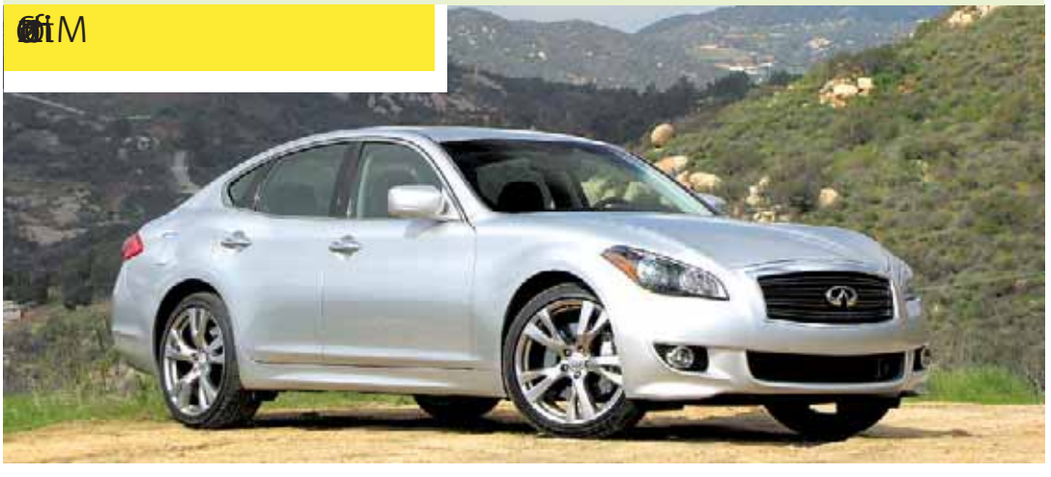
SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Comprising the top-end of Nissan's luxury brand, the last-generation Infiniti M-Series models were available to Canadian shoppers from 2006 to 2010.

Big and luxurious, the M models were Infiniti's shot at some of the best flagship sedans from BMW, Audi and Lexus.

Look for a plethora of high-end features and world-class comfort and design.



Engine

Power came from a 3.5-litre V-6 or a 4.5-litre V-8 — hence the "35" or "45" in the vehicle's name. Output from the V-6 was rated between 275 and 297 horsepower, while the V-8 generated between 325 and 335, depending on the year. Automatic transmissions were standard, and AWD was available.

What owners like

Owners typically rave about an exceptional interior, high comfort levels, performance, and a great-sounding engine. A high relative value factor and a long list of high-tech toys round out the positives.

What owners dislike

Owner complaints typically centre around fuel mileage, a "fussy" Bluetooth interface, road noise and a stiff ride on some models.

Common issues

Double check for proper operation of all electronic toys — including the navigation system, Bluetooth interface, stereo system and intelligent key. If a xenon headlamp is burnt out, negotiate to have it replaced before purchase, as they aren't cheap.

Some owners have reported a "sloppy" or "imprecise" steering sensation that requires replacement of the steering rack.

Verdict

No major or systematic issues related to the M's drivetrain were apparent — and most known issues should be easy to diagnose and repair.

Consider a used M35 and M45 alongside models like the BMW 5-Series and Audi A6.

Look ma, no hybrids

These cars hit the magic mark of 5.0 l/100 km

JEFF MELNYCHUK
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

WHEELBASE

▶ Mazda3 Skyactiv

You want fuel efficiency, but you don't want your style cramped. Yes, there's a fine line between the two and there are several new 2012 cars that walk it with style, but not as many as you might think despite all the new offerings in an ever-expanding segment.

But the new-for-2012 cars featured here break the 5.0 l/100 km barrier on the highway, without any fancy hybrid technology such as electric motors; they're just normal cars.

Chevrolet Sonic

The Sonic replaces the Korea-built Aveo that has been around since the 2004 model year. Like the Aveo, the Sonic is offered in both sedan and mini-wagon formats. Since these cars are constructed at GM's Orion, Mich., plant and not in Korea, however, there's plenty of North American style built into the Sonic.

Under the hood is a 138-horsepower 1.8-litre four-cylinder, or optional 138-horsepower 1.4-litre four-cylinder turbocharged unit that pulls down the best fuel economy (5.1 l/100 km on the highway).

A five-speed manual transmission or optional six-speed automatic comes with the 1.8, while the turbo is exclusively matched to a six-speed manual. Although the base price is only about $14,500 plus destination charges, the most fuel-efficient model will set you back more than $20,000 with delivery charges to the dealership.

Hyundai Accent

The 2012 Accent is available in four-door sedan and hatchback formats and appears to be yet another game-changing model for Hyundai. Both the wagon and the hatchback share the same platform that extends the distance between the front and rear wheels by about 7.5 centimetres over the previous model, which is important real estate for maxing out both leg and knee room.

The Accent's 1.6-litre engine produces 138 horsepower, up from 110.

Going with the automatic transmission gets you the best highway fuel-economy rating of 4.8 l/100 km (4.9 for the manual).

The best part is that to break the 5.0 l/100 km mark costs just $13,200 plus destination charges.

Mazda3 Skyactiv

The look is a bit different, but the real news is the 2.0-litre four-cylinder that uses Mazda's new "Skyactiv" direct-gasoline-injection technology to boost both power and efficiency.

Compared to the old 2.0-litre (which carries over in base models) the Skyactiv has 155 horsepower (versus 148) and 148 pound-feet of torque (versus 135).

It also wins in fuel economy too, netting 7.1/5.0 l/100 km (city/highway) with the available six-speed automatic transmission, or 7.6/5.1 with manual. Very impressive. But Skyactiv is really more than just a powertrain upgrade as the philosophy extends to lowering weight, improving chassis stiffness and steering response.

Only the Skyactiv Mazda3 is upgraded in such a manner.

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Recession in the rearview mirror for auto industry?

Auto sales on track to best year since recession ◗ Growth could improve in 2012

Canadians shopping for new vehicles appear to have steered automotive sales in 2011 to their best year since the last recession.

Overall light vehicle sales grew 1.8 per cent through the end of November, with December data expected later this week to fill out the final picture on how the year stacked up.

Automakers have seen uneven but rising sales this year, with growth positive one month and negative the next, as economic uncertainty pervaded consumer sentiment.

A total 1.47 million vehicles had been sold as of Nov. 30 — already surpassing the 1.46 million sold in all of 2009 — the worst sales year for the industry since 1998, according to data released by DesRosiers Automotive Consultants.

Sales are also ahead of the 1.45 million vehicles sold as of the end of November 2010, giving the industry momentum to beat the 1.56 million vehicles sold last year.

Still, 2011 sales volumes are well short of their pre-recession levels — 1.64 million units in 2008 and 1.65 million in booming 2007.

Strong sales, especially trucks, in Western Canada where the booming resource economy boosted incomes and consumer confidence, helped prop up slumping sales in Eastern Canada, where economies were slowing down. In the auto manufacturing hub of Ontario, sales grew slightly.

Damiano Peluso, national automotive leader at PwC Canada, expects a continued rebound at Japanese automakers in December and into the new year which, along with strength at the North American producers, will help drive growth of two to four per cent next year.

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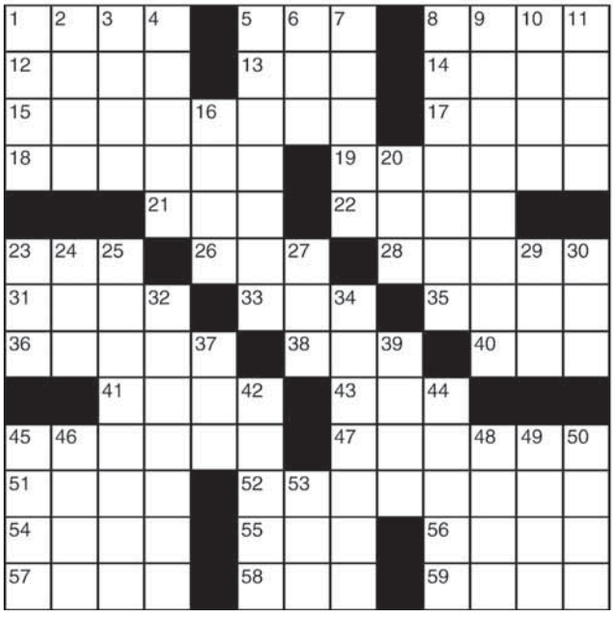
Crossword



Across

1 Gaucho's weapon
5 Apprehend
8 "Little Women" woman
12 Related (to)
13 Ostrich's cousin
14 La Scala solo
15 Back to zero, on "Wheel of Fortune"
17 Bantu language
18 Grommet
19 Small church
21 Listener
22 Warmth
23 Despondent
26 Water barrier
28 Place for a watch
31 Overly proper one
33 Fleur-de- —
35 Unmatched
36 Supermarket section
38 Mimic
40 Big Apple abbr.
41 Freeway access
43 Blond shade
45 Fluffy dessert
47 Paycheck increases
51 Swiss mountains
52 All of a sudden
54 Ceremony
55 Bill and —
56 Agony
57 Throw
58 "In what way?"
59 Curved molding

Down

1 Movie about a pig
2 Fine
3 Fragment of dialogue
4 Monitor location, maybe
5 On neither side
6 Pump up the volume
7 Sundance's pal
8 Charity events
9 Volcanic outbreak
10 Mah-jongg piece
11 Drag behind
16 Peruse
20 Chop
23 Hot tub
24 "Entourage" role
25 Causes chaos, maybe
27 Actress Farrow
29 Crafty
30 Sleuth, slangily
32 Optician's product
34 Small songbird
37 Type measures
39 Birthright barterer
42 Clingstone, e.g.
44 Zoo favourite
45 Shopping centre
46 Medley
48 Unescorted
49 Author Wiesel
50 "Auld Lang —"
53 Halloween shout

▶ Yesterday's answer

R	A	N	K		L	E	G		C	A	L	M
A	L	O	E		I	C	E		O	L	I	O
C	O	R	N	I	C	H	E		R	E	N	O
E	T	A		R	I	O		O	N	S	E	T
			C	O	T		V	I	E			
A	P	R	O	N		F	E	L	L	O	W	S
R	E	A	R		P	O	X		I	D	E	A
M	A	G	N	E	T	O		M	U	D	D	Y
			E	V	A		N	O	S			
C	R	A	T	E		N	E	O		M	A	G
H	I	F	I		C	O	R	N	W	A	L	L
A	L	A	S		A	D	V		E	R	G	O
P	E	R	T		B	E	E		E	X	A	M

Sudoku

	9		7		4		1	
	3	1	9		5	2	6	
2			5		3			4
		3	4		8	6		
7			2		1			5
	5	6	1		7	3	2	
	8		6		9		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	2	6	1	7	8	3	4
4	3	1	9	8	2	6	7	5
7	6	8	4	5	3	2	1	9
6	1	3	5	4	9	7	8	2
9	2	5	7	3	8	4	6	1
8	7	4	2	6	1	5	9	3
2	8	7	3	9	5	1	4	6
3	5	6	1	7	4	9	2	8
1	4	9	8	2	6	3	5	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Him
Today is a good day, a brand new day. Feeling great. Broken heart healed, whew, finally, cried too, too many times. Scared, my adults, so much so, they surrounded me with their life to distract me while healing continues. Thank You, Creator, for you only know how to fix me. Even tho, I may not recognize right away eventually I get the message. This world is not about my personal needs its about redeeming self thru good work! Thank You! for another day in your crazy creation! ;)
FROM HER

You already broke my Heart
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Why are you trying so hard to prove yourself? You should be comfortable with who you are and what you can do.

♉ Taurus April 21-May 21 It would appear there is something that you have missed, a small but important detail that has been overlooked.

♊ Gemini May 22-June 21 Can you believe what your inner voice tells you? Of course you can.

♋ Cancer June 22-July 22 You need to read between the lines today, then you are more likely to discover what the real issues are.

♌ Leo July 23-Aug.23 Someone you think you can trust will make what seems like a reasonable suggestion today, but if you act on what they say you may regret it.

♍ Virgo Aug. 24- Sept. 22 Honesty is a must today, especially when dealing with people in positions of authority.

♎ Libra Sept. 23-Oct. 23 You know what it is you want to be doing but you can't seem to make a start.

♏ Scorpio Oct. 24-Nov. 22 Whatever good ideas you have today and tomorrow you would be wise to keep them to yourself for the time being.

♐ Sagittarius Nov. 23-Dec. 21 If you stay cool and act rationally today you won't go far wrong.

♑ Capricorn Dec. 22-Jan. 20 The more outrageous your ideas today the better.

♒ Aquarius Jan. 21-Feb. 18 Your thoughts will be all over the place today, so hold off making any hard and fast decisions.

♓ Pisces Feb. 19-March 20. Loved ones may want what is best for you, but what if it does not coincide with what you want for yourself? Well then you'll have to get tough and tell them you'll be going your own way. And mean it. **SALLY BROMPTON**

Caption contest

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